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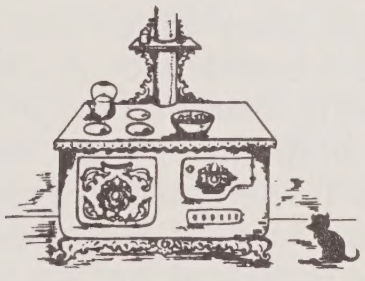
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The Chapel Hill Cookbook
Junior Service League
P.O. Box 374
Chapel Hill, North Carolina 27514

$4.00 (please add $.75 for postage and mailing). Order blanks may be found at back.

The Junior Service League's

CHAPEL HILL COOKBOOK



tested recipes

4th Edition
1st Printing

Chapel Hill, North Carolina
1974

EDITOR'S NOTES

During the last two years, the time and effort of many people has been dedicated to the publication of this cookbook. The response from the community and the Junior Service League has been tremendous. As it was necessary to restrain the size of this book, it is unfortunate that we could not include every recipe submitted. We could indeed publish two or three more books with the recipes we were not able to use in this one. Selecting from these many recipes and from some old favorites from past editions of the *Chapel Hill Cookbook* and *Carolina Cooking*, we have attempted to provide an interesting variety of cooking ideas for your families and guests. Each recipe has been thoroughly tested and we hope that you will enjoy the results as much as we have.

Our special thanks go to all those who contributed their favorite recipes, to those who collected, typed and tested, and to everyone who helped to make this cookbook possible.

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PREFACE

The Junior Service League was organized in 1939. In its thirty-five years, it has given to the young women of the Chapel Hill area an opportunity to serve the community. The proceeds from the sale of the Chapel Hill Cookbook help to support their services and projects. Throughout the years the projects have been many and diverse, and have changed from year to year as the needs of the community changed. Since 1964, when our last cookbook was published, the League has helped to establish a model educational day care center, held an annual Christmas House to provide assistance to families in need, and helped to provide a school activity bus and band uniforms. It has contributed to the school music program, the Chapel Hill Art Guild, the Community Chest, the Green Circle program, the North Carolina Symphony, the Drug Action Committee, the American Field Service and the public library.

Volunteers from the Junior Service League have given time to many hospital programs such as providing mastectomy kits, layettes, or stuffed toys for pediatric patients. They provide clerical assistance to the Student Health Action Committee (SHAC) and serve the schools through the Green Circle and the Learning Disabilities program. The League cooperates with many national organizations such as the Heart Association, Cerebral Palsy, the March of Dimes, the Cancer Society, and the Girl Scouts and Boy Scouts.

When visiting Chapel Hill, be sure to stop by the Country Store, which is another League project. The Country Store, located in University Mall, is a non-profit outlet for handcrafted items.

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NOTES

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APPETIZERS

MARINATED ARTICHOKE HEARTS

Serves: 4-6 as hors d'oeuvre
2-3 as salad

Easy | Do ahead | Preparing: 30 min.
Chilling: 4-24 hrs.

1 pkg. frozen small artichoke hearts
½ c. salad oil
2 tbs. wine vinegar
1 tbs. lemon juice
1 tbs. salt
dash of pepper
1 garlic clove, minced, or ⅛ tsp. garlic powder
1 tsp. chives or onion, chopped
2 tbs. pimento, chopped
2 tbs. green pepper
dash of paprika

Cook artichoke hearts according to directions on package. Drain well. Mix other ingredients together and pour over artichoke hearts. Chill 4-24 hours. May also be served on lettuce as a salad.

Mrs. Joan Page

ATLANTA CHEESE BALL

Serves: 25

Average | Do ahead | Freeze | Preparing: 30 min.
Chilling: 1 hr.

2 -8 oz. pkg. cream cheese, softened
½ lb. sharp cheese, grated
2 tsp. onion, grated
2 tsp. Worcestershire sauce
1 tsp. lemon juice
1 tsp. dry mustard
½ tsp. paprika
½ tsp. seasoning salt
¼ tsp. salt
1 - 2¼ oz. can deviled ham
2 tsp. parsley, chopped
2 tsp. pimento, chopped and well drained
½ c. nuts

Mix all ingredients together. Chill. Form into 1 large or 2 small balls. Roll in nuts. Top with cherry, olive or parsley. Refrigerate. Remove from refrigerator 15 minutes before serving.

Mrs. Richard Hutchinson

CHEESE BALL VARIATION

Yield: 2 balls
Easy Do ahead Freeze Preparing: 10 Min.
Chilling: 1 hr.

1 large pkg. cream cheese
1 -10 oz. carton Wispride Sharp Cheddar
½ pkg. (4 oz.) roquefort or blue cheese
1/3 c. sherry (cream style is best)
pecan meal or very finely chopped walnuts

Soften cheese. Mix together and add sherry. Roll into 2 balls and put into refrigerator until hard. Roll in pecan meal or walnuts.

Mrs. Ann Porter

CHEESE-DATE BALLS

Yield: 4 doz.
Easy Do ahead Preparing: 1 hr.
Baking: 15 min.

½ c. butter
½ lb. sharp cheese, grated
1½ c. flour
½ tsp. salt
½ tsp. Spice Islands cayenne pepper (more if other brand used)
4 doz. dates
4 doz. pecan halves

Soften butter and cream with cheese. Add flour, salt, and pepper, and knead until well mixed and smooth. Pinch off 1 tablespoon or less and mold in palm of hand around a date stuffed with a pecan and seal. Bake at 400° until lightly brown, about 15 minutes. May be prepared well in advance as they will keep several weeks in cans.

Mrs. Ben F. Loeb, Jr.

TANGY CHEESE WAFERS

Easy Do ahead Freeze Preparing: 30 min.
Baking: 15 min.

1 c. flour
¾ tsp. salt
½ tsp. ginger
½ tsp. sugar
1 -4 oz. pkg. cheddar cheese, shredded
1/3 c. butter or margarine, softened
1 egg yolk
¼ c. toasted sesame seeds

Into medium bowl sift together dry ingredients and stir in cheese. With pastry blender cut in butter until mixture is coarse crumbs. With fork stir in egg yolk, toasted seeds and 2 teaspoons cold water. Shape into ball. Preheat oven to 350°. With floured rolling pin on well-floured board, roll dough ⅛" thick. Cut in 3" x 1" strips. Put on ungreased cookie sheet. Bake for 15 minutes.

Mrs. Warren Via

CHEESE PENNIES

Yield: several doz.
Preparing: 15 min.
Chilling: several hrs.
Baking: 10 min.

Easy Do ahead Freeze

¼ lb. butter, softened
¼ lb. cheddar cheese, grated
½ pkg. dry onion soup mix
½ tsp. salt
1 c. flour

Cream butter with cheese. Add dry onion soup mix, salt and flour. Shape into a roll about 1" in diameter. Chill in refrigerator. Cut into ¼" thick slices. Bake at 375° for 10 minutes or until light brown in color.

Mrs. Judy Bauman

CRAB SPREAD

Serves: 10-12
Preparing: 10 min.
Chilling: 2 hrs.

Easy Do ahead

12 oz. cream cheese, softened
1 medium onion, finely chopped
4 tsp. Worcestershire sauce
1 bottle prepared chili sauce
1 can white crab meat or 6 oz. frozen
parsley

Mix softened cream cheese, onion and Worcestershire sauce, and spread in bottom of serving dish. Spread crab meat over mixture. Pour chili sauce over top and sprinkle with parsley. Refrigerate about 2 hours. Serve with Ritz crackers.

Mrs. Judy Bulla

HOT CRAB DIP

Yield: 1½ c.
Preparing: 15 min.
Baking: 15 min.

Easy Do ahead

8 oz. cream cheese, softened
1 tsp. milk
1 -6½ oz. can Alaskan Crabmeat (may use frozen)
½ tsp. cream style horseradish
¼ tsp. salt
dash of pepper
2 tbs. onions, chopped
1/3 c. almonds, toasted (optional)

Combine cream cheese and milk. Remove cartilage from crabmeat. Then blend well all ingredients except almonds. Spoon into 2 cup oven-proof dish. Sprinkle with almonds and bake at 375° for 15 minutes. Serve hot with ruffled potato chips and keep it warm over a candle flame. Use it for big parties when lots of things are served, as it may not go as far if used exclusively.

Mrs. Polly Moreau

COCONUT CRAB DIP

Yield: 3 c.

Easy | Do ahead | Preparing: 15 min.

Chilling: 1-2 hrs.

2 c. sour cream
2 green (spring) onions, tops and bottoms, finely chopped
2-2½ tsp. curry powder (depending on age)
dash of pepper
½ tsp. salt
1 c. shredded coconut
1 -7 or 8 oz. can shredded crabmeat or 1 c. frozen

Pick over crabmeat. Small pieces of shell can almost always be found. Drain liquid from crabmeat. Mix it with other ingredients and refrigerate until serving time. An hour or more of refrigeration gives the flavors of the ingredients time to blend. May be frozen, but taste deteriorates somewhat. Best served with potato chips, as "dippers" with more flavor hide the flavor of this dip.

Mrs. Suzy Cashwell

FLORIDA CLAM DIP

Easy | Do ahead | Preparing: 10 min.

Baking: 20 min.

2 bottles Old English cheese (Kraft), softened
1 clove garlic, minced finely, or garlic salt
1 can clams, drained
4 heaping tbs. mayonnaise
dash cayenne

Preheat oven to 450°. Blend all ingredients and pour into casserole. Lower heat to 250° and bake 20 minutes or until bubbly. Serve from chafing dish with chips or bread rounds. May be reheated.

Mrs. John H. Hoots

CHICKEN LIVER SPREAD

Yield: 2½ c.

Easy | Do ahead | Preparing: 45 min.

Chilling: several hrs.

½ lb. chicken livers
2 tsp. butter
1 tbs. onion, chopped
½ tsp. curry powder
¼ tsp. paprika
1 tsp. seasoned salt
½ c. chicken broth
2 -8 oz. pkg. cream cheese, softened
1 c. toasted walnuts, chopped (optional)

Sauté chicken livers in butter with onion, curry powder, paprika and salt. When tender, cool, turn into blender, add broth and blend until smooth. Beat softened cream cheese into mixture until smooth. Cover and chill several hours. Stir in walnuts before serving.

Mrs. Mary Lassiter

CHICKEN LOAF

Serves: 50

Average | Do ahead | Preparing: 1 hr.

Chilling: 12-24 hrs.

1 large or 2 small hens
6 lemons
salt, pepper and celery seed to taste
1 doz. hard-boiled eggs
2 pkg. Knox gelatin in broth of chicken

Boil 1 large hen (or 2 small hens although there is less waste for fat on large hen) until meat is ready to fall from bones. Remove skin and bones and grind all meat in food grinder. Marinate ground chicken with juice from lemons. Season with salt, pepper, and celery seed to taste. Grind eggs in food grinder and season with salt, pepper, and celery seed. Dissolve gelatin in broth of chicken, from which fat has been removed. In large copper mold or pyrex bowl, place half of chicken mixture. Then place a layer of all the eggs. On top place layer of remainder of chicken. Over this gently pour the broth until it has seeped into mold and has come to top of mold. Chill overnight in refrigerator. Unmold, serve on a cake stand with crackers or parsley encircling the mold; or with crackers or half slices of bread on a tray beside it, and mayonnaise on the side.

Mrs. Robert J. Page

CHOPPED CHICKEN LIVERS

Serves: 12

Easy | Do ahead | Preparing: 15 min.

Cooking: 15 min.

1 lb. fresh chicken livers
salt
pepper
3 hard-boiled eggs
1 c. spring onions or mild onions
3 tbs. melted chicken fat (or a good mayonnaise but it doesn't taste as good)

NOTE: To obtain chicken fat, trim a little fat from chicken (fryer pieces or a baking hen) and simmer in a little water until oil rises to top. Put whole pan of fat and water in refrigerator until oily stuff hardens—this is the chicken fat you use. The fat will keep in the refrigerator for several weeks.

Wash chicken livers well and boil for 15 minutes with a teaspoon of salt and a teaspoon of pepper. Chop all ingredients well and very small, and mix together. A food grinder will do. Add the chicken fat and mix well. Salt and pepper to taste. Serve no later than 24 hours after preparing. Serve with crackers as a spread or on lettuce with Greek black olives. A small ice cream scoop of chopped liver topped with paprika looks nice. (Do not use too much chicken fat or mayonnaise as this paté should not be too loose.)

Mr. Karl Sutker

FAYATER (LEBANESE)

Yield: 12 or 24 hors d'oeuvres

Average | Do ahead | Freeze

Preparing: 30-45 min.
Cooking: 10-15 min.

1 pkg. of 12 frozen "Butter-me-not" biscuits
1 lb. ground chuck
1 large onion, chopped
1/3 c. pignolia nuts
1 tbs. lemon juice
salt and pepper to taste
2 tbs. oil
flour

Optional: Green pepper or mozzarella cheese.

Make stuffing as follows: Brown meat, onions and nuts in oil until tender. Add lemon juice, salt and pepper. Set aside. Stuffing may be prepared ahead and frozen.

Flour counter and rolling pin. Separate biscuits and sprinkle with flour. Roll biscuits out. Fill with approximately 2 tablespoons of stuffing. Close dough around stuffing so that there are three corners. Place on greased cookie sheet and cook at 350° for 10-15 minutes until lightly browned. Should be served immediately after cooking. Biscuits cut in half make the fatayer smaller, and are excellent hors d'oeuvres.

Mrs. Richard A. Baddour

CHILI CON QUESA (GREEN CHILI WITH CHEESE)

Yield: 1½ qts.

Easy | Do ahead

Preparing: 15 min.
Cooking: 30 min.

1 large onion, chopped
1 clove garlic, minced
1 large tomato, chopped
1 or 2 cans green chili, chopped
1 lb. longhorn cheddar cheese, grated
1 c. medium white sauce

Sauté first 4 ingredients until soft; drain and set aside. Make 1 cup of medium white sauce and *gradually* add the grated cheese, stirring continuously until melted. If you do not stir enough or don't let the cheese dissolve before adding more cheese it will be "stringy". After cheese sauce is hot and looks smooth when stirred, add the drained, sautéed ingredients. Serve hot in a chafing dish or fondue pot with tostados, raw vegetables (such as broccoli, cauliflower), or as a cheese fondue. May also be poured over cooked vegetables as a sauce or used as a Welsh rabbit.

Mrs. L. E. Parker

CHILI CON QUESO VARIATION

Serves: average party

Easy Do ahead Freeze Preparing: 15 min.

1 lb. Velveeta cheese
¾ lb. Longhorn cheese
1 can tomatoes
1 small can green chilis (hot or mild)
1 tsp. cumin seed
1 large onion, chopped
1-2 garlic cloves, minced
2-3 dashes Tabasco sauce
1 large dash Worcestershire sauce

Melt cheese over low fire. Add other ingredients and mix well. Serve in fondue or chafing dish over low heat (high heat will toughen cheese). Use fritos or doritos as potato chips break. The hot taste of this recipe may be adjusted through the use of chilis and Tabasco sauce. It tastes better after freezing.

Mrs. Mary Alyce Carmichael

NACHOS

Easy Serve immediately Baking: 5 min.

Doritos
sharp cheese
hot green Mexican chili peppers

Put sliver of cheese and pepper on Dorito. Bake until cheese melts and serve immediately as appetizer. It is especially good if serving Mexican food.

Mrs. Coolie Cart Monroe

RUMAKI (JAPANESE APPETIZERS)

Serves: 15-18

Easy Do ahead Preparing: 45 min.

Marinating: 1 hr.

Broiling: 5-7 min.

¾ lb. chicken livers, washed, drained, and halved
½ lb. bacon
1 small clove garlic
1 -6½ oz. can halved water chestnuts
1 -1" long dried hot chili, crushed
½ c. soy sauce
6 thin slices fresh ginger root

Fold each piece of liver around a piece of water chestnut, wrap with a half slice of bacon and carefully fasten with toothpicks. Mix together the soy sauce, garlic, chili and ginger root. Marinate the liver bundles in this sauce for 1 hour or more, turning occasionally. Place the appetizers on a rack in a shallow pan and broil 5-7 minutes, turning once. Serve *hot*. The sauce may be used as a dip for the liver bundles, if desired.

Mrs. Ann Peyton

HOT CLAM APPETIZER (HORS D'OEUVRES)

Serves: 6-8

Easy Do ahead Freeze Baking: 20-25 min.

2 cans minced clams and juice
1 tsp. lemon juice
¼ lb. butter
1 medium onion, diced
1 clove garlic, diced
½ green pepper, chopped
1 tsp. parsley
1 tsp. oregano
dash of Tabasco
½ c. seasoned crumbs
thin sliced Velveeta cheese
Parmesan
paprika

Simmer clams and lemon juice for 15 minutes. In a frying pan, melt butter. Stir in onion, garlic, green pepper, parsley, oregano, and Tabasco. Simmer until soft and add to clam mixture. Add bread crumbs. Put in 1-quart oven-proof dish. Top with Velveeta. Sprinkle with Parmesan and paprika. Bake uncovered at 350° for 20-35 minutes. May be frozen before baking.

Mrs. Lawrence Kornreich

VENISON HORS D'OEUVRE FOR 20

Serves: 20

Easy Do ahead Freeze Preparing: 1 hr.

1 lb. very hot sausage
1 lb. ground venison
½ pt. sour cream
1 bottle Major Grey's Chutney
½ c. sherry

Thoroughly mix sausage and venison. Shape into little balls and brown all around slowly in a frying pan. These may be stored in freezer until ready to use. Mix sour cream, chutney, and sherry in chafing dish. Add balls to the mixture. Serve with toothpicks. If any of the recipe is left over, it is excellent served on rice.

Mrs. Ann Davis

HOT DOG BITS

Yield: 180-240 pieces

Easy Do ahead Preparing: 5 min.

Simmering: 15 min.

3-4 lbs. hot dogs
1 lb. jar grape jelly
1/3 bottle Kraft Barbeque Sauce
1 tbs. lemon juice
¼ c. prepared mustard

Make sauce of grape jelly, barbeque sauce, lemon juice and mustard. Simmer 5 minutes. Cut each hot dog into 6 pieces and add to sauce. Simmer 10 minutes, stirring occasionally. Serve hot for cocktails with toothpicks.

Mrs. Donald Lauria

CHAFING DISH MEATBALLS

Yield: 65-75 meatballs

Easy Do ahead Freeze Preparing: ¾ hr.

Baking: 1¼ hr.

1½ lbs. ground chuck
½ c. dry bread crumbs
1 tsp. salt
¼ tsp. pepper
1 egg
½ c. milk
2 c. tomato juice
2 tbs. flour
¾ c. Kraft Barbeque Sauce
1 #303 can pineapple chunks
1 jar stuffed olives

These are baked in the oven, rather than in liquid on top of stove. Mix first 6 ingredients in bowl until well blended. Shape into ½-¾" balls. Place in single layer in shallow pan. Bake in oven at 350° for ½ hour. Meanwhile make sauce by combining small amount of tomato juice with flour until smooth. Add remaining tomato juice and barbeque sauce. Pour over meatballs, and bake 45 minutes longer. Pour in chafing dish with pineapple and olives scattered throughout. Serve in chafing dish for hot hors d'oeuvres.

Mrs. Harold Langenderfer

STUFFED MUSHROOMS

Yield: 36

Easy Do ahead Preparing: 45 min.

Broiling: 2-4 min.

3 doz. fresh mushrooms
¾ c. Parmesan cheese
¼ c. green or regular onions, diced finely
¾ c. bread crumbs
2 tbs. garlic salt or 1 garlic clove, sauteed
½-¾ c. chicken stock or white wine

Remove stems from mushrooms and save. Sauté mushroom crowns and lay aside. Chop stems into little pieces. Sauté stems and onions in garlic butter. Add bread crumbs, Parmesan cheese, and chicken broth or wine until mixture is thick. Fill mushroom crowns with heaping tablespoon or more of mixture (so that mixture is in a mound-shape). Broil 2-4 minutes and serve immediately after cooking. Excellent as hors d'oeuvres or as a side dish. As side dish, will serve 10 people. May be prepared a day in advance. If so, cover and refrigerate. Broil 4-6 minutes if taken directly from refrigerator.

Mrs. Mary Anne Avery

SAUSAGE STUFFED MUSHROOMS

Serves: 8-10

Easy Do ahead

Preparing: 30 min.

Baking: 30 min.

1 pt. small to medium sized mushrooms, fresh
1 lb. regular or red hot pork sausage
½ c. cheddar cheese, grated
onion salt or minced onion to taste

Clean mushrooms and remove stems. Chop stems into fine pieces and mix with sausage. Stuff mushrooms generously and top each with a pinch of grated cheese. Bake at 350° for 30 minutes. Mushrooms may be prepared in advance but serve hot.

Mrs. Joan Page

PICKLED MUSHROOMS

Serves: 6-8

Easy Do ahead

Preparing: 15 min.

Chilling: 4 hrs.

2/3 c. Wagner's white wine vinegar
1 c. olive oil
2 tsp. oregano
2 garlic cloves, whole
2 tsp. salt
1 ½ tsp. freshly ground peppercorns
35-40 fresh mushrooms about 1" in size with stems left on or 4 cans small button mushrooms (fresh are much better)

Wash fresh mushrooms. Or drain canned ones. Pack closely in a jar with a *tight* top or in a plastic container which seals well. Mix the other six ingredients and pour over the mushrooms. Marinate, shaking occasionally, for several hours before serving. These may be kept two to three weeks in the refrigerator, but become stronger with age. Remove from the refrigerator in plenty of time for the oil to become liquified again. Strain and serve on toothpicks. (The marinade may be kept and re-used but will not be as strong.)

Mrs. Judy Mathews

SWEET POTATO BISCUITS

Yield: 326 biscuits

Average Do ahead Freeze Baking: 20 min.

7 lbs. eastern N. C. yams
5 lbs. self-rising flour
3 lbs. Crisco
1 qt. buttermilk

Work yams and Crisco into flour. Add buttermilk. Knead, roll and cut with biscuit cutter. Place on baking sheet. Bake 20 min. at 400°. Serve warm with country ham and/or sharp cheese.

Mr. W. D. Perry

SWEDISH NUTS

Yield: 1 lb.

Easy Do ahead Preparing: 15 min.

Baking: 30 min.

1 stick margarine
1 lb. shelled pecan halves
2 egg whites
1 c. sugar

Melt stick of margarine in a large sheet or pan and spread. Make a merinque of the egg whites and sugar and fold in the pecans. Spread the pecans in the pan and bake in a 300° oven, stirring after each 10 minutes. Bake approximately 30 minutes, depending on size of the pecans.

Mrs. Ben F. Loeb, Jr.

SAUSAGE TURNOVERS

Easy Do ahead Freeze Preparing: 20 min.

1 pkg. Cole's sausage, ground
4 tbs. Worcestershire sauce
¼ tsp. salt
dash garlic salt
dash black pepper
pie crust recipe

Mix all the above ingredients and put by the half-spoonful on small rounds of thin pastry made from your favorite pie crust recipe. Turn over and press the edges together with fork tines to close. Prick with fork on top to release steam while cooking. Bake at 335° or 350° until tan and crisp. Good to serve with highballs or tea. They may be made and quick frozen, kept in deep-freeze for not over 2 weeks, and cooked as needed.

Mrs. R. Beverly Raney

MARINATED SHRIMP

Serves: 6-8

Easy Do ahead Preparing: 20 min.

Marinating: 8 hrs.

2 tbs. wine vinegar
½ c. salad oil
½ tsp. mixed salad herbs
⅛ tsp. paprika
1 tsp. salt
¼ tsp. pepper
½ tsp. sugar
2 tbs. prepared mustard
½ of 5 oz. jar grated prepared horseradish
1 lb. shrimp
fresh onion rings

Combine all ingredients except shrimp and onions. In this marinate shrimp which have been boiled but not over-cooked. (A package of frozen cooked shrimp may be substituted.) Marinate 8 hours or overnight. Just before serving, cut onion rings thick and toss with shrimp. Serve with toothpicks as hors d'oeuvres or on lettuce as appetizer similar to shrimp cocktails.

Mrs. Mary Alyce Carmichael

SHRIMP MARINADE VARIATION

Serves: 10

Easy Do ahead

Preparing: 10 min.
Marinating: 3 days

2 ½ lbs. shrimp, cleaned and cooked
2 onions, sliced
1 pt. vinegar
1 c. salad oil
½ c. tomato ketchup
juice of 1 lemon
3 cloves garlic, minced
¼ c. sugar
½ tsp. pepper
1 ½ tbs. salt
⅛ tsp. cayenne pepper
1 tsp. paprika
¼ tsp. Tabasco sauce
1 tbs. Worcestershire sauce

Clean and cook shrimp. Combine above ingredients. Marinate shrimp in mixture for 3 days. Drain shrimp from marinade. Serve.

Mrs. L. H. Hutchens, Jr.

SHRIMP AND VEGETABLE DIP

Yield: 1½ c.

Easy Do ahead

Preparing: 15 min.
Chilling: 30 min.

1 c. mayonnaise
1 tsp. lemon juice
1 tsp. curry powder
½ tsp. finely minced onion
½ tsp. Worcestershire Sauce
½ tsp. red pepper sauce
½ c. chili sauce
¼ tsp. salt
¼ tsp. pepper

Combine ingredients and hand mix well. Can be made just prior to use or a day before. Chill 30 minutes if desired. This recipe is usually served as a dip for shrimp, cauliflower, carrot sticks, celery sticks, etc.

Mrs. Barbara K. Moe

VEGETABLE DIP

Serves: 30

Easy Do ahead

Preparing: 10 min.

1 large block of cream cheese (8 oz.)
¼ c. milk
2½ tbs. dry Vermouth
¼ c. sour cream
¾ tsp. onion powder
1½ tsp. Lowry's Seasoned Salt
1½ tsp. Accent
1/16. tsp. salt

Blend cheese, milk and Vermouth together in blender. Add other ingredients until blended. Cauliflower, cocktail tomatoes and zucchini are excellent vegetables to be dipped. This can also be used as a base for cucumber sandwiches—open-face or closed.

Mrs. Ida Friday

VEGETABLE SANDWICH SPREAD

Yield: 1 doz.

Easy Do ahead Chilling: several hrs.

1 envelope gelatin
¼ c. water
1 c. carrots, slivered
1 c. cucumber, chopped
1 medium onion, chopped fine
1 c. mayonnaise

Pour water over gelatin and melt over hot water. Mix other ingredients and add gelatin. Chill several hours before making sandwiches.

Mrs. Cornelius O. Cathey

GREEN SALAD SANDWICHES

Yield: 3 long loaves

Easy Do ahead Preparing: 20 min.

1 c. celery, finely chopped
2 cucumbers, peeled and diced
1 onion, finely chopped
2 small carrots, grated
½ green pepper, diced finely
2 c. mayonnaise
1 tsp. or more salt
1-1½ envelope gelatin

Soften 1 envelope gelatin (can add 1 or 1½ teaspoon extra) in ¼ cup cold water. Melt over hot water. Add to vegetable mixture. Congeal. The mayonnaise in mixture is enough, so do not spread mayonnaise on bread when spreading. Blender may be used to chop cucumbers and onions and green peppers. The blender should be used when using the extra amount of gelatin. Do not freeze.

Mrs. Lee Ann Avery

CREAM CHEESE AND ONION SANDWICHES FOR 100

Yield: 100

Easy Do ahead

10 -8 oz. blocks cream cheese, softened
1 pt. mayonnaise
Worcestershire sauce
Tabasco sauce
milk
½ very large spanish onion, grated
5 regular loaves of white, thin-sliced bread

Into a 4 quart mixing bowl put the softened cream cheese. Mix with mayonnaise and grated onion. Add Worcestershire and Tabasco to taste. Thin with milk, if necessary. Spread mixture on bread and then trim crusts. On day of party, cut sandwiches into 2 or 3 smaller sandwiches. Put on trays and cover with damp cloth to keep bread fresh. Will keep this way, unrefrigerated, for 5-6 hours until party starts. The cheese mixture may be made days ahead of time and stored in the refrigerator.

Mrs. Robert L. Andersen

QUICK LORRAINE TARTS

Yield: 36 tarts

Average | Do ahead

Preparing: 20 min.
Baking: 25 min.

2 pie crust sticks
1 tbs. poppy seed
1 1/3 c. Swiss cheese, coarsely grated
2/3 c. salami, chopped
1/3 c. green onions, sliced
4 eggs, slightly beaten
1 1/3 c. dairy sour cream
1 tsp. salt
1 tsp. Worcestershire sauce

Heat oven to 375°. Prepare pastry for 2 crust pie as directed on package, except stir poppy seed into crumbled dry mix. Roll pastry 1/16" thick on lightly floured board; cut into 3" rounds. Fit rounds into 2½" muffin pans. Combine cheese, salami, and onion; spoon into pastry-lined muffin pans. Stir together eggs, sour cream, salt and Worcestershire sauce; pour about 1 tablespoon of sour cream mixture into each muffin pan. It's easier to remove tarts if you first place cupcake papers in the muffin tins. Bake 20-25 minutes or until lightly browned. Cool in pans 5 minutes. Tarts may be baked in advance, cooled and wrapped in aluminum foil. At serving time, heat in 350° oven for 10 minutes.

Mrs. Leslie Ryan

URAD DHALL

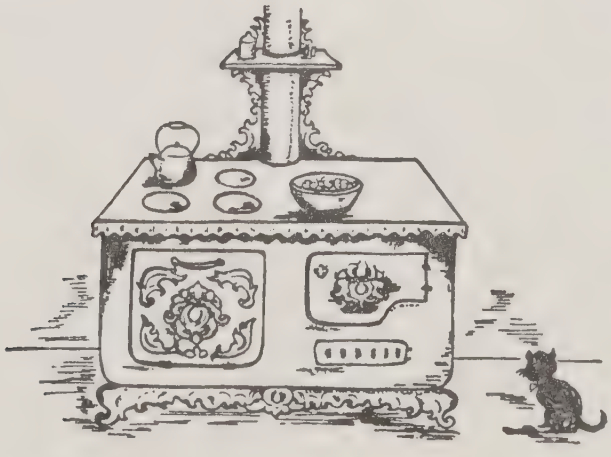
Easy | Do ahead

Preparing: 25 min.
Cooking: 15-20 min.

1 c. urad dhall (available at gourmet shops
1 large onion, chopped
½ tsp. turmeric
½ tsp. chili powder
salt to taste

Bring 3 cups water to a boil and add dhall. Allow to boil a few minutes and add spices and salt. Fry onions until brown and when dhall is soft (about 15-20 minutes), mix them in. Serve as dip or with bread (hard roll). A great Indian dish that everyone will like.

Mrs. Judy Bauman



BEVERAGES

LEMONADE

Yield: 10-12 glasses

Easy | Do ahead | Preparing: 45 min.

Chilling: 1 hr.

2½ c. sugar
juice of 8 lemons
1 pt. soda water
7 c. water
rind of 2 lemons cut in pieces

Combine sugar and water in sauce pan and boil 5 minutes. Add lemon juice and boil 5 more minutes. Cool. Add soda water and ice when ready to serve. Possible to freeze everything except the soda water. The BEST lemonade you'll ever try—it comes from Greece.

Mrs. Ann Peyton

SPICED CIDER

Easy | Do ahead | Preparing: 15 min.

½ tsp. cinnamon
½ tsp. ginger
½ tsp. cloves
1-1½ c. sugar
4 c. water
juice of 2 lemons
juice of 2 oranges
½-1 gal. cider

Bring spices and sugar to boil in water, add juices and cider and simmer. Strain and serve hot or cold, depending on weather. Great for football days.

Mrs. E. P. Douglass

COUNTRY STORE SPICED TEA

Yield: 2½ c. mix

Easy | Do ahead | Preparing: 2 min.

2 c. Tang
1¼ c. sugar
3.4 oz. (½ c.) Kool-Aid lemonade mix
½ tsp. cinnamon
½ tsp. cloves
1 c. instant tea

Mix above ingredients. Store in air tight container. To serve, mix 2 teaspoons of mixture to 1 cup of hot water.

Country Store

RUSSIAN TEA

Serves: 8

Easy | Do ahead | Preparing: 30-40 min.

1 c. sugar
1 c. water
1 stick cinnamon
6 cloves
2 oranges
2 lemons
1 small can pineapple juice
1 qt. water
1 c. strong tea (use 6 bags)

Boil sugar, water, cinnamon and cloves for 5 minutes. Add juice of oranges, lemons and pineapple to syrup. Boil rinds of orange and lemon with 1 pint of water for 3 minutes. Strain off into other syrup. Add 1 qt. of water and 1 cup of strong tea. Heat. Garnish with lemon or lime if desired.

Mrs. Beverly Brenner

ALMOND PUNCH

Easy | Do ahead | Preparing: 20 min.
Boiling: 3 min.

2 c. sugar
1 qt. water
3 lemons
2 c. strong tea
1 tsp. vanilla flavoring
1 tsp. almond flavoring
1 #2 can pineapple juice
1 qt. ginger ale

Squeeze lemons. Boil together 3 minutes the sugar, water and lemon rinds. Add tea, pineapple juice, lemon juice and flavorings. Strain. When ready to serve, add a big bottle of ginger ale. The almond and vanilla flavorings give this a delightfully elusive taste. The "base" can be kept in the refrigerator a week or more and combined with ginger ale as needed.

Mrs. Olin T. Mouzon

CITRUS PUNCH

Serves: 25

Easy | Serve immediately | Preparing: 5 min.

1 large can grapefruit-pineapple juice
1 can frozen orange juice, reconstituted, or 1 qt. orange juice
1 qt. soda water
2 qt. ginger ale
lemonade (optional)
fruit slices
mint leaves

Combine juices. Just before serving add soda water and ginger ale, and lemonade if desired. Serve with fruit slices and mint leaves for garnish.

Mrs. Victor Greulach

THREE-FRUIT PUNCH

Serves: 60-65

Easy Do ahead Preparing: 15 min.

3 -6 oz. cans frozen orange juice
2 -6 oz. cans frozen lemonade
2 -1 qt. 14 oz. cans pineapple juice
5 large bottles ginger ale
2 oranges
1 box strawberries (frozen or fresh)

In a large container mix the fruit juices. Add ginger ale. When ready to serve, pour mixture over ice in punch bowl. Add oranges thinly sliced and strawberries.

Mrs. Dolores Moe

HOLIDAY PUNCH

Serves: 30

Easy Preparing: 10 min.

1 qt. cranberry juice
1½ c. sugar
1 qt. pineapple juice
2 qts. chilled ginger ale

Dissolve sugar in cranberry juice. Add pineapple juice and ginger ale. Serve over ice. Vodka, gin, or rum may be added for a spiked punch.

Mrs. F. W. Avery

MOCHA ICE CREAM PUNCH

Serves: 20-25

Easy Do ahead Preparing: 10 min.

30 c. cold coffee
2 qts. cold dairy chocolate milk
½ gal. vanilla ice cream

Make instant coffee—1 rounded teaspoonful to a cup of water—and chill it. Mix the coffee and chocolate milk and pour into punch bowl; add the ice cream in a block. Stir gently and serve in punch cups.

Mrs. Cornelius O. Cathey

BLOODY MARYS FOR A CROWD

Serves: 8

Easy Do ahead Preparing: 15 min.

2 qts. tomato juice
juice of 4 lemons
Tabasco to taste
5 tbs. Worcestershire sauce
2 beef bouillon cubes
4 tsp. Lowry's seasoned salt
1½ pts. (3 c.) Vodka

Put bouillon cubes in small saucepan with some of the tomato juice and let dissolve. Pour into pitcher (3 qt. size). Add remaining ingredients except vodka. Will keep days in refrigerator. When ready to serve, add vodka and mix well. Recipe can easily be doubled or tripled.

Mrs. Robert L. Andersen

WHISKEY SOUR PUNCH

Serves: 4-6

Easy Do ahead Preparing: 3 min.

1 -6 oz. can frozen lemon juice
1½ can water
2/3 can whiskey

Blend in mixer. Garnish with cherries and fruit slices.

Mr. Milton S. Heath, Jr.

VODKA GRAPEFRUIT PUNCH

Serves: 10

Easy Do ahead Preparing: 5 min.

Chilling: several hrs.

Freezing: several hrs.

1 fifth Vodka (100 proof Old Mr. Boston)
3 qts. Canada Dry sparkling grapefruit beverage
1 -5 oz. can Minute Maid frozen lemon juice (this is not concentrated—do not dilute)

Chill grapefruit beverage. Thaw lemon juice and refreeze with lemon slices in decorative mold. At serving time, combine Vodka and grapefruit drink in punch bowl. Float in it the frozen lemon juice. The lemon juice is essential since it cuts the sweetness of the grapefruit beverage.

Mr. Marshall D. Smith

HOT SPICED WINE PUNCH (GLUEHWEIN)

Easy Do ahead Preparing: 5 min.

Cooking: 20 min.

½ c. sugar
½ c. water
2 doz. whole cloves
2 sticks cinnamon
½ lemon slice
2 c. grapefruit juice
2 c. orange juice
1½ qt. inexpensive red wine

Boil sugar, water, cloves, cinnamon and lemon slice for 20 minutes. Strain. Heat fruit juices and pour above mixture and juices into wine. Stir and serve with lemon slice. Excellent served cold the next day.

Mrs. David Griffiths

EVERGREEN PUNCH

Serves: 25

Easy Do ahead Freeze Preparing: 15 min.

Freezing: several hrs.

1 c. sugar
1 qt. hot water
2 pkg. unsweetened lime Kool-Aid
1 46-oz. can pineapple juice
2 large bottles ginger ale
1 pt. Gold Label Rum

Dissolve sugar in hot water; cool. Mix Kool-Aid, pineapple juice, and sugar water. Pour into containers and freeze. Before serving place frozen molds in punch bowl and pour ginger ale over them. Break up molds, add rum, and serve punch when it is an icy consistency. The flavor of Kool-Aid may be varied.

Mrs. Jill Meares

PUERTO RICAN WEDDING PUNCH

Serves: 25

Easy Do ahead Preparing: 10 min.

1/5 qt. light rum
1/5 qt. dark rum
1 pt. frozen pineapple juice
1 c. sugar
1/5 qt. champagne

Combine rum, pineapple juice, and sugar to make into syrup. Add champagne just before serving. Pour over large lump of ice. Garnish with sliced fresh strawberries to float in the punch.

Mr. W. D. Perry

FISHHOUSE PUNCH

Serves 25

Easy Do ahead Freeze Preparing: 10 min.

1 pt. rum
1 pt. peach brandy
2 pts. grape brandy
2 oz. apricot liquer
1½ pts. lemon juice
1 1/3 c. sugar made into syrup

Mix above ingredients and pour over large lump of ice. Serve when cold. Slice fresh peaches to float in punch.

Mr. W. D. Perry

JULGLÖGG (CHRISTMAS PUNCH)

Serves: 6-8

Easy | Do ahead | Preparing: 10-15 min. | Cooking: 20-30 min.

1 pt. Claret
1 pt. Sherry (dry cocktail)
½ pt. Brandy
Bitters to taste
¾ c. sugar (more may be added to taste)
1 whole cinnamon stick
3 or 4 whole cloves
1/3 c. seedless raisins
Almonds—whole, shelled, unsalted

Combine all ingredients except almonds in saucepan. Cinnamon and cloves may be tied in cheese cloth and removed prior to serving. Bring very slowly to the boiling point. Let simmer 20-30 minutes. Remove from heat. Serve immediately in punch glasses or cups with an almond in each. (May be bottled and reheated to serve hot.) A good way to keep the glogg hot for additional servings is to use a chafing dish. If possible it is desirable to serve small quantities in slender cups with mouths just large enough to include mouth and tip of nose. The bouquet is thus intensified and is almost as enjoyable as the drink itself. This is a favorite Swedish Christmas drink, and is good preceding late suppers and/or for large parties.

Mrs. Harolyn Gardner

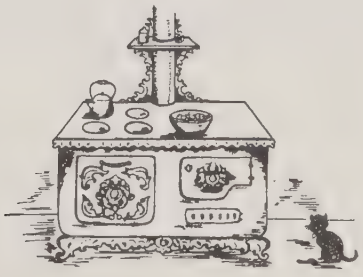
FLAMING COFFEE

Easy | Serve immediately | Preparing: 10 min.

Coffee
Brandy
Cream
Sugar

Make the desired amount of coffee for guests to be served. Heat a little pan of brandy to *below* boiling temperature. Pour brandy into small silver pitcher or use small stainless steel pan with handle. Fill coffee cup ¾ full or slightly less. Light the hot brandy with a match and pour into each coffee cup. Flames will dance around but be not afraid! For effect—turn out the light so flames are visible. Hold brandy about 6" from cup for better effect. Pass cream and sugar for those who desire them. Serve after meringues, ice cream, and fresh strawberries.

Mrs. Fran Moore



SOUPS

CABBAGE SOUP

Easy Do ahead Preparing: 20 min.
Cooking: 45 min.

1 large (4-5 lbs.) cabbage, cut coarse
2-3 lbs. very meaty short ribs or brisket beef
2 onions (baseball size), chopped fine
1 garlic clove, crushed
2 cans tomatoes, drained and crushed
1 tbs. sugar
1 tsp. salt
1 tsp. crushed citric acid (Sour Salt)
6 drops tabasco

Cut most of fat from meat and cook with salt and pepper in frying pan or pressure cooker to brown and tenderize. Let cool and skim fat. Put meat in large pot (6 qt.) with tomatoes, garlic, sugar, salt, pepper, chopped onions, citric acid, tabasco, ½ cabbage. After ½ hour of cooking, add balance of cabbage. If needed, add some tomato juice and season to obtain a sweet-sour taste. Cook another 15 minutes. Meat should be cooked well before balance of ingredients are added. (If pressure cooker is used, do not cook with cabbage under pressure; add cabbage later.)

Mr. Karl Sutker

CLAM BISQUE

Serves: 12

Easy Do ahead Preparing: 10 min.
Cooking: 15 min.

1 c. onion, chopped
6 tbs. butter or margarine
6 tbs. flour
3 cans (8 oz.) minced clams
2 bottles or cans (8 oz.) clam juice
3 c. light cream or table cream
3 tbs. tomato paste
3 tbs. lemon juice

Sauté onion until soft in butter in a large saucepan. Stir in flour. Cook, stirring constantly, just until bubbly. Stir in clams and liquid and clam juice. Continue cooking and stirring until mixture thickens and boils 1 minute. Cover and simmer 15 minutes to blend flavors. Blend in cream, tomato paste and lemon juice. Heat slowly just until hot.

Mrs. Jane Schreiber

OVEN FISH CHOWDER

Serves: 6

Easy | Do ahead | Preparing: 20 min.

Baking: 1 hr.

2 lbs. fish fillets (flounder, haddock, or most any fish—fresh or frozen)
4 potatoes, sliced, or 2 cans
few celery leaves, chopped
½-1 bay leaf
2½ tsp. salt
4 whole cloves
1 clove garlic
3 onions, sliced
½ c. butter or margarine
¼ tsp. dried dill seed
¼ tsp. white pepper
2 c. boiling water
2 c. light cream
chopped parsley or fresh dill

If frozen, allow fish to thaw. Cut fish fillets in medium sized pieces or portions. Put all ingredients, except cream and dill (and potatoes if using canned), in 3-qt. casserole. Cover and bake at 375° for 1 hour. If canned potatoes are used, add towards the end of the hour. Heat cream to scalding and add to chowder. Serve with garnish of parsley or dill.

Mrs. Philip Schinhan

GAZPACHO

Serves: 6

Easy | Do ahead | Preparing: 30 min.

Chilling: 4 hrs.

1 c. peeled tomato, finely chopped
½ c. green pepper, celery, and cucumber, each finely chopped
¼ c. onion, finely chopped
2 tsp. parsley, snipped
1 tsp. chives, snipped
2-3 tbs. tarragon wine vinegar
2 tbs. olive oil
1 tsp. salt
½ tsp. Worcestershire sauce
2 c. tomato juice
1 small clove garlic, minced

Combine all ingredients in stainless steel or glass bowl. Cover and chill at least 4 hours. Serve in chilled cups. *Must* be served chilled. Serve with tacos, refried beans, avocado wedges and an iced red wine punch.

Mrs. John D. Riebel

BLENDER GAZPACHO

Serves: 6

Easy Do ahead

Preparing: 30 min.

Chilling: 4 hrs.

2 1-lb. cans of tomatoes
1½ c. cucumber, peeled, chopped (about 2 medium cucumbers)
1 clove garlic, sliced
1/3 c. olive oil
1/3 c. wine vinegar
salt to taste
2 slices untrimmed fresh bread, cubed

Combine ingredients in blender. (If added to blender in order of recipe, everything seems to fit in blender container.) Blend at high speed. When thoroughly blended, pour mixture into a large, ordinary kitchen sieve which has been placed over a bowl. Press and stir with wooden spoon to extract as much juice as possible. Throw away solids in sieve. Taste for seasoning. Add more vinegar and salt if desired. Chill thoroughly before serving. This is especially good during hot summer months.

Mrs. Sara Smith

BARLEY-SPLIT PEA SOUP

Serves: 8-10

Easy Do ahead Freeze

Preparing: 15 min.

Simmering: 30 min.

1 tbs. parsley
1 tsp. garlic powder or 1 clove fresh garlic
½ tsp. fennel or fennel seed
1 tsp. basil
1 c. onion, chopped
1 c. celery, chopped
1 c. barley
1½ c. split peas
3 tsp. salt
1½ tbs. miso, blended in water (Miso may be purchased in a health food store)
8 c. water

Sauté spices in a little oil. Add remaining ingredients and simmer 30 minutes. More water may be necessary when it is cooked and reheated.

Wildflower Kitchen

SPINACH SOUP

Serves: 8

Easy | Do ahead | Preparing: 30 min.

Simmering: 30 min.

2 pkg. frozen spinach
2 tbs. onion
2 tbs. butter
3 tbs. flour
1½ c. scalded milk
pinches salt, pepper, nutmeg, & cayenne
2 egg yolks
¾ c. heavy cream
1 tbs. parsley, minced
½ stick of butter

Cook frozen spinach slightly. Put in blender. Sauté 2 tablespoons onion in 3 tablespoons butter. Add 3 tablespoons flour gradually. Stir in 1½ cup scalded milk. When smooth and a little thick, add spinach, salt, pepper, nutmeg, and cayenne. Simmer a bit. (These steps may be done a day before serving and refrigerated.) About an hour before serving, beat 2 egg yolks into ¾ cup heavy cream, add 1 tablespoon minced parsley and ½ stick of butter, and add to first mixture, stirring. A dollop of cream topped with a sprinkle of paprika is good and pretty. Serve warm or cold in a large soup tureen or individual cream soup bowls. Pretty for serving at Christmas.

Mrs. Robert J. Page

VEGETABLE SOUP

Serves: 8-10

Easy | Do ahead | Preparing: 40 min.

Cooking: 5 hrs.

SOUP STOCK

1 lb. lean beef with marrow bone
3 qts. water
1 onion
dash of Tabasco or cayenne
1 bunch celery tops, chopped
1 tbs. salt
½ tsp. black pepper
1 qt. tomatoes

Cook the above ingredients 3 hours, or until meat is tender. Strain and add to the broth the following seasonings and vegetables except corn and potatoes:

3 stalks celery, diced
2 carrots, cut in rings
2 onions, diced
¼ c. sugar
salt to taste
2 c. corn, whole grain
2 small potatoes, diced

Simmer 1½ hours. Add corn and potatoes and cook 30 minutes longer. This makes a hearty meal if served with a green salad.

Mrs. D. Robert Williams

SEAFOOD

WHITE CLAM SPAGHETTI SAUCE

Serves: 4

Easy | Do ahead | Preparing: 15 min.

2 8 oz. cans minced clams
½ c. olive oil (must be olive oil)
½ c. fresh parsley or dry parsley
4 large cloves garlic, finely minced
1 8 oz. pkg. spaghetti

Drain clams and reserve liquid. Heat olive oil over medium heat. Sauté garlic one minute, but do not brown. Add parsley and clam liquid. Simmer 3-5 minutes. Add salt to taste and clams, and heat thoroughly. This will be a thin sauce. Serve over cooked spaghetti.

Mrs. W. C. Easterling

RED CLAM SAUCE FOR SPAGHETTI

Serves: 2

Easy | Do ahead | Preparing: 20 min.

2 cloves garlic, finely chopped
¼ c. olive oil
2-3 canned tomatoes, chopped
½ c. water
1 small can (8 oz.) minced clams and juice
1 tsp. dried parsley
salt and pepper to taste

Sauté garlic in oil until soft. Add tomatoes and cook for several minutes stirring occasionally. Add remaining ingredients, cook a few minutes more and serve with cooked spaghetti or vermicelli which has been tossed with a little olive oil. Recipe may be doubled, tripled.

Mrs. Mary Andersen

CRABMEAT QUICHE

Serves: 4

Average | Serve immediately | Baking: 40-45 min.

pastry for 9" pie plate
½ c. mayonnaise
2 tbs. flour
2 eggs, beaten
½ c. milk
2 6½-7 oz. cans crabmeat, drained and flaked
8 oz. Swiss cheese, grated
1/3 c. green onions, diced (optional)

Make pastry and line pie pan. Combine mayonnaise, flour, beaten eggs and milk in medium sized bowl. Mix until well blended. Stir in crabmeat, cheese and onions. Pour into pastry lined pie pan. Bake 40-45 minutes at 350°, or until firm. Slice into wedges and serve warm.

Mrs. William A. Terrill

BAKED CRAB

Serves: 8-10

Easy Do ahead Preparing: 45 min.-1 hr.

Baking: 30 min.

3 slices Pepperidge Farm bread
½ pt. light cream
½ pt. mayonnaise
½ tsp. salt
½ tsp. pepper
3 tbs. parsley, chopped
1 tsp. onion, chopped
6 hard boiled eggs, cut in eighths
1 can water chestnuts, minced
1 lb. fresh crab
1 can fried onion rings

Cut crusts off bread and cube. Place in medium to large bowl. Add coffee cream, mayonnaise and seasonings. Fold in crab and eggs, so that crab remains in chunks. Fold in the chopped water chestnuts. Place in a good sized buttered casserole. Top with french fried onion rings (or bread crumbs if you like) and bake for ½ hour at 350°.

Mrs. Treva Richardson

ST. SIMON'S CRAB

Serves: 4-6

Average Serve immediately Preparing: 20 min.

1 lb. white crabmeat—frozen, fresh, or canned
¼ lb. soda crackers, crushed
1 small onion, chopped fine
¼ lb. butter or margarine, melted
1 tbs. Worcestershire sauce
2 dashes Tabasco sauce
1 tsp. salt
milk

Pick and flake crab meat; add onion and crackers. Mix well until mixture looks like coarse meal. Add melted butter, Worcestershire sauce, salt, and Tabasco sauce. Pour milk gradually over mixture until it is *just moist.* Fill greased casserole dish or crab shells and bake quickly, at 400°, until brown and crusty. This is an old St. Simon's Island recipe. The crackers and milk are "puffy" and better than a white sauce (but too much milk is to be avoided).

Mrs. Philip C. Schinhan

CRAB CASSEROLE

Serves: 2

Average | Do ahead | Preparing: 30 min.

Baking: 20 min.

1 lb. crab
2 tbs. butter (real)
2 tbs. cornstarch
½ pt. whipping cream
4 spring onions
½ c. vermouth, dry
Swiss cheese

Melt butter. Sauté finely chopped onions until soft, but not brown. Add crab and vermouth; simmer quite a while. In another pan, combine cornstarch and cream with wire whisk very well. Add cracked pepper and salt. Add crab mixture to cream mixture. Pour into casserole and put grated Swiss cheese on top. Bake at 350° for about 20 minutes. To use as a dip, stir in cheese and serve with melba thins.

Mrs. Julian Selig

DEVILED CRAB

Serves: 6-8

Complicated | Do ahead | Preparing: 1 hr.

Baking: 20 min.

1 lb. crab meat
2 raw eggs
juice of small lemon
2 hard boiled eggs
1 c. rolled cracker crumbs
1 tbs. Worcestershire sauce
2 tbs. tomato ketchup
2 tbs. mayonnaise
2 tbs. butter, melted
dash pepper, sprinkle salt

Break crabmeat with fork and add half cup crumbs, salt, pepper, yolks of the hard cooked eggs (rubbed through sieve), melted butter, Worcestershire sauce, ketchup, mayonnaise, lemon juice, raw egg yolks, and lastly the whites of the raw eggs beaten stiffly. Fill crab shells full and round, sprinkle the tops with the remainder of the cracker crumbs, which have been well mixed with the finely sieved hard boiled egg whites. Dot with a little butter and bake 20-25 minutes at 350° until tops are brown. Good for a luncheon with tomato aspic and corn muffins.

Mrs. Warren Via

ESCALLOPED CORN AND OYSTERS

Serves: 6-8

Easy | Serve immediately | Preparing: 30 min.

Baking: 1 hr.

3 c. saltine crackers, coarsely crushed
1 pt. raw oysters
1 can cream of oyster soup, (undiluted)
1 c. milk
1 scant tsp. salt
2 eggs, slightly beaten
½ c. butter
pinch of pepper
2 c. frozen or fresh corn

Generously grease a 1½ qt. casserole with butter or margarine. Arrange layers of crackers, oysters, and corn. Repeat with cracker crumbs on top. Heat oyster soup slowly. Scald 1 cup milk. Add butter, pepper and salt. Gently pour over slightly beaten eggs and pour this mixture over casserole of layers. Bake 1 hour at 350° oven. Very good with game birds and roast beef.

Mrs. Alan Kocan

SALMON LOAF

Serves: 6-8

Easy | Do ahead | Preparing: 30 min.

Baking: 30-40 min.

3 c. ground salmon (1 can)
2 eggs
1 tsp. parsley
1 slice onion, finely minced
1 c. bread crumbs
1 c. milk
1 tsp. salt
¼ tsp. pepper
2 tbs. butter

Mix ingredients thoroughly. Press into greased pan. Bake at 350° for 30-40 minutes. Serve with 1 cup white sauce.

Mrs. David Isenhower

SOUR CREAM SHRIMP CURRY

Serves: 10-12

Easy | Do ahead | Preparing: 20 min.

3 tbs. butter or margarine
2/3 c. onion, chopped
3 cans frozen shrimp soup, slightly thawed
1½ pts. sour cream
1½ tsp. curry powder (or more, if you like)
5 c. cleaned and cooked shrimp (or 1½ lb. pkg. frozen)

Cook onion in butter until tender and golden. Add soup; heat and stir until smooth. Stir in sour cream and curry powder. Add shrimp and heat. Serve over rice. This is a quick and easy dish for a supper party, since the onions may be cooked in mid-afternoon. At serving time merely blend in the remaining ingredients and heat.

Mrs. George V. Taylor

SHRIMP CASSEROLE

Serves: 6-8

Easy Do ahead Freeze

Preparing: 20 min.

Baking: 30 min.

4 cans cream of mushroom soup
3 small jars sliced mushrooms
1 small jar button mushrooms
2 c. sour cream
1 small jar pimentos, diced
1 tsp. mustard powder
2 pkg. chopped broccoli, cooked
4 c. cooked shrimp (3-10 oz. pkg.)
1 c. grated parmesan cheese

Mix everything together except for the broccoli. Put into a 4 qt. casserole, a layer of the mix, then a layer of broccoli, etc., ending with the mix. Sprinkle paprika on top of casserole. Bake 30 minutes at 325°. Serve with curried rice.

Mrs. Ferebee Taylor

JAMBALAYA

Serves: 8

Easy Do ahead

Preparing: 20 min.

Baking: 30 min.

1 large green pepper
3 large onions
4 tbs. salad oil
3 eggplants, small
1 #2 can tomatoes
1½ c. rice, cooked
1 tsp. salt
½ tsp. each thyme, paprika & parsley
1 c. ham, diced
1 c. cooked shrimp
buttered crumbs or sliced cheese

Sauté pepper and onions in oil. Peel, cut and cook eggplants until soft. Combine with remaining ingredients and put in large casserole. Top with buttered crumbs or sliced cheese. Heat at 350° until it bubbles—about ½ hour.

Mrs. Louis E. Underwood

SHRIMP SALAD

Serves: 4-6

Average Do ahead

Preparing: 45 min.

Chilling: 2 hrs.

1 c. elbow macaroni, cooked
1½ c. cooked medium shrimp, fresh or canned
2 hard-cooked eggs, chopped
1 tsp. onion, chopped
½ c. celery, chopped
¼ c. stuffed olives, sliced
2 tbs. sour cream
½ tsp. salt
¼ c. mayonnaise
1-1½ tsp. Worcestershire sauce
salad greens

Cook macaroni according to package directions, drain and set aside to cool. Fold in shrimp, eggs, onion, celery, and olives. Blend sour cream, salt, mayonnaise, and Worcestershire sauce together. Fold into macaroni mixture. Chill at least 2 hours.

Mrs. Jill Meares

SHRIMP CREOLE

Serves: 4

Easy | Do ahead | Preparing: 30 min.

4 tbs. butter
¼ c. onion, chopped
1 clove garlic, minced
¼ c. green olives, chopped
1½ c. ketchup
1 8 oz. can tomato sauce
1 tbs. capers
¼ tsp. thyme
1 tsp. parsley
¼ tsp. salt
cayenne
sherry or white wine
1 lb. shrimp

Melt 2 teaspoons of the butter; add and cook until tender onion, garlic and olives. Add ketchup, tomato sauce, capers, thyme, parsley and salt. Simmer for 10-15 minutes. Sauté the boiled, peeled shrimp in the rest of the butter. Sprinkle with cayenne. Add to sauce and add 2 tablespoons to ¼ cup of wine or sherry. Correct seasonings. Serve over saffron rice.

Mrs. Sara Smith

MOLDED SHRIMP SALAD

Serves: 6-10

Average | Do ahead | Preparing: 30 min.

Chilling: 3 hrs.

2 envelopes plain gelatin
½ c. cold water
½ c. hot water
½ envelope Good Seasons Old Fashioned French dressing mix
1 c. mayonnaise
¼ c. green onion tops, chopped
1/3 c. green pepper, chopped
1¼ c. celery, chopped
2½ c. shrimp, cooked and finely chopped
3 hard-cooked eggs, finely chopped
salt to taste

Soften gelatin in cold water. Add hot water and melt the gelatin over boiling water. Add mixed ingredients and pour into a 2 qt. greased mold. Chill serveral hours before serving.

Mrs. George V. Taylor

SCALLOPS AND MUSHROOMS

Serves: 4
Preparing: 30 min.
Baking: 45 min.

Easy Do ahead

1 lb. scallops
1 #1 can mushrooms (11 oz.) or 1 1/3 c. fresh mushrooms, steamed
1 spring onion, chopped
3 tbs. butter
2 tbs. flour
1 c. rich milk
bread crumbs
salt and pepper

Cook chopped onion in butter until yellow. Add drained mushrooms and cook for 5 more minutes. Then blend in flour, add milk slowly until thin sauce is made, add salt and pepper. Place in casserole and cover with bread crumbs and butter. Cover with casserole top or aluminum foil. Cook 45 minutes at 375°. Serve with grapefruit, avocado, and garden lettuce salad.

Mrs. Treva Richardson

COQUILLE ST. JACQUES

Serves: 8
Preparing: 30 min.
Baking: 10 min.

Average Do ahead

8 tbs. butter
4 tbs. flour
1¼ tsp. salt
¼ tsp. white pepper
2½ c. light cream
1 lb. scallops, sliced
½ c. onion, finely chopped
¾ c. mushrooms, sliced
1 lb. shrimp, cooked and cleaned
½ lb. crabmeat
3 tbs. Madeira or sweet sherry
5 tbs. bread crumbs

Melt 6 tablespoons butter in saucepan; blend in flour, salt and pepper. Gradually add cream, stirring steadily to the boiling point. Cook over low heat 5 minutes. Melt remaining butter in skillet; saute scallops and onion in it. Remove scallops and onions, and saute the mushrooms for 3 minutes. Combine the sauce, scallops, mushrooms, shrimp, crabmeat and wine. Mix lightly. Place in 3 or 4 qt. casserole, sprinkle with bread crumbs, and bake at 400° for 10 minutes. Serve over rice or spoon into scallop shells or ramekins and sprinkle with bread crumbs before baking.

Mrs. Beverly Brenner

BAKED TROUT

Serves: 2

Easy | Do ahead | Preparing: 45 min.

Baking: 40 min.

1 2-3 lb. rainbow or brown trout
1 tbs. horseradish
1 tbs. lemon juice
lemon slices
vinegar and water
2 tbs. butter
¼ c. dry white wine
dash of paprika
dash of parsley

Place dressed trout in a shallow dish in one cup of vinegar and add enough cold water to cover. Soak 45 minutes. Drain and dry fish. Place on foil lined cookie sheet and score x's several times about ½" deep. Mix melted butter, horseradish, lemon juice, and wine. Drizzle up and down fish till all used. Sprinkle liberally with paprika and chopped parsley. Decorate with thin lemon slices. Bake at 375° for 40 minutes. This recipe should be served with tartar sauce and/or lemon slices.

Mrs. Ann Davis

FILET DE TURBOT DUGLERE

Serves: 3-4

Complicated | Preparing: 45 min.

1 turbot (about 3 lbs.) cut into 6-8 filets
1 stick butter or margarine
¼ lb. mushrooms, cooked
1 medium onion
shrimp boil (packaged spice)
clam juice (canned)
2 tbs. shallots or onions, chopped
3 tomatoes peeled, and seeded
1 clove garlic, minced
bouquet garni (1 stalk celery, bay leaf, parsley)
2 egg yolks
2 tbs. heavy cream
1 lemon
white wine (cooking grade)

Butter a large shallow casserole, generously. Chop an onion and put in the bottom of the casserole; then place filets on top of the onions. Quarter the seeded, peeled tomatoes and add them. Add the minced shallots and garlic, then salt and pepper to taste. Cover almost completely with half white wine and half clam juice. The amount is determined by the size of your casserole. Sprinkle 1 teaspoon of shrimp boil over all, and cover with heavy duty foil. Simmer for 15-20 minutes. Slice mushrooms and cook in butter, juice from ½ lemon, in a small, covered pan for 2 minutes. Let cool. When turbot is done, remove filets and put on a serving plate. Keep warm. Reduce sauce by boiling gently. Taste to make sure it's not too salty. Remove tomato sections and place around the fish. Strain sauce. In another bowl, mix egg yolks and cream, adding fish sauce *very slowly* to the eggs (in a dribbling fashion, so as not to scramble eggs). Heat to keep warm, but do not boil. Put mushrooms over fish; pour sauce over all. Garnish with parsley and serve.

Mrs. Timothy H. Smelzer

BURMESE TROUT WITH VINEGAR

Serves: 6

Easy | Do ahead

Preparing: 10 min.

Simmering: 3-4 hrs.

1½ lbs. trout, cut in 2" pieces
¾ c. vinegar
2 tsp. hot red pepper
1 tsp. turmeric
1 tsp. ginger, crushed
¼ tsp. lemon juice
salt to taste
4 tsp. soy sauce
1½ c. onion, chopped
2 tsp. garlic, mashed
8 tsp. oil

Place fish in large frying pan so that all pieces can spread just one layer. Add all ingredients plus 3 cups of water. Cook over high heat until water boils rapidly. Turn low and cook 3-4 hours covered. If necessary may add water. Cook until all bones are soft and no water remains, only a little oil. (If water is not gone, don't worry, fish will be ready to eat. It depends on your stove.) Serve with rice. The whole fish may be eaten (bones and all) when prepared this way.

Mrs. Lawson P. Wynne

SUMMER TUNA FISH MOLD

Serves: 6-8

Easy | Do ahead

Preparing: 30 min.

Chilling: 3-4 hrs.

1 can tomato aspic
¼ c. cold water
1 envelope Knox gelatin
1 c. tuna fish or crabmeat
½ c. celery
½ green pepper
2 tbs. olives
¾ c. Hellman's mayonnaise
½ tsp. salt
¼ tsp. pepper
¼ tsp. paprika
1 tbs. mild vinegar
Few grains cayenne pepper

Melt 1 can tomato aspic and fill fish shaped mold until it hardens. Next pour ¼ cup of cold water in bowl, sprinkle 1 envelope gelatin on top of water. Place bowl over boiling water until gelatin dissolves. Cool. Add tuna fish, celery, green pepper, olives, mayonnaise, salt, pepper, paprika, vinegar, and cayenne pepper. Fill lightly greased mold and allow to harden in refrigerator 3-4 hours or overnight. When ready to serve dip mold in hot water for a second before placing on serving dish. For a cool and pretty summer supper serve fish mold, deviled eggs, green and black olives, radishes, cucumbers, spring onions and any other fresh finger type vegetables on tray with lettuce and parsley. Garnish the fish mold with olives for the eyes.

Mrs. Robert J. Senior

NOTES

CASSEROLES

BUTTERBEANS AND BEEF

Serves: 4

Easy Do ahead Freeze

Preparing: 15 min.

Cooking: 1 hr.

½ stick butter or margarine
1 lb. beef, cubed (small cubes)
1 small onion, diced
2 -8 oz. cans tomato sauce
1 c. water
1 can baby lima beans
salt and pepper
rice or noodles

Melt butter in medium boiler. Add beef and onion; brown. Add tomato sauce and water and salt and pepper to taste. Cover and simmer 45 minutes. Add drained lima beans and cook 15 minutes longer. Serve over hot rice or noodles.

Mrs. Richard A. Baddour

BEEF, BEANS, AND PASTA CASSEROLE

Serves: 4

Easy Do ahead

Preparing: 15 min.

Baking: 15 min.

2 lbs. ground beef
¼ c. olive oil
2 garlic cloves, crushed
3 medium onions, sliced
1 tbs. dried parsley
½ tsp. nutmeg
1 tbs. salt
½ tsp. pepper
1 tsp. basil
2 tbs. sugar
1 -1 lb. can tomatoes
1 -6 oz. can tomato paste
2 -1 lb. cans pork and beans, drained
3 c. rigatoni, cooked
¼ c. milk
2 tbs. sour cream
2 eggs, beaten
½ c. grated Parmesan cheese

Brown beef in oil. Add garlic and onions and cook until tender. Add seasonings, tomatoes, tomato paste and beans. Cover and simmer for 30 minutes. Correct seasonings. (Recipe may be made ahead up to this point.) Pour beef and bean mixture into a 9" x 13" casserole. Make a well in the center of the mixture and fill with drained pasta. Mix milk, sour cream, eggs, and cheese. Pour over pasta. Bake at 375° for 15 minutes or until lightly browned.

Mrs. Sara Smith

HAMBURGER NOODLE STROGANOFF

Serves: 4-6

Average | Do ahead | Preparing: 30 min.

Baking: 25 min.

4 oz. noodles
¼ c. water
½ c. onion, finely chopped
½ lb. mushrooms, thickly sliced
1 lb. ground chuck
1 tbs. flour
1 -8 oz. can tomato sauce
¼ c. Burgundy
1 -10 oz. can beef bouillon, undiluted
¼ tsp. salt
¼ tsp. pepper
1 c. sour cream
Parmesan cheese for topping

Preheat oven to 375°. Cook noodles. Meanwhile, in hot butter in large skillet, sauté onions and mushrooms until onions are golden brown. Add beef and cook, stirring until brown. Remove from heat and stir in flour, tomato sauce, Burgundy, bouillon, salt and pepper. Simmer 10 minutes, stirring occasionally. Blend in sour cream. Lightly grease a 2-quart casserole. Layer noodles and meat. Sprinkle with Parmesan cheese. Bake uncovered at 375° for 25 minutes.

Mrs. Mary Owen Boydell

GROUND BEEF BUFFET

Serves: 14-16

Average | Do ahead | Freeze | Preparing: 30 min.

Baking: 55 min.

8 oz. flat, thin noodles
1 can cream of mushroom soup
½ lb. sharp cheese, grated
¾ c. ripe olives, chopped
3 tbs. dried parsley
½ onion, chopped
salt and pepper to taste
2 lbs. lean ground beef
1 #2 can Chow Mein noodles
¼ lb. slivered almonds
1 soup can of milk
can of water chestnuts (optional)

Cook noodles and drain. Brown ground beef. Add onions, salt, and pepper. Blend. Stir in water chestnuts if desired. Combine soup and milk. In a flat 13" x 9" greased casserole layer one half the noodles, cheese, olives, parsley, meat mixture, and then repeat layer. Pour soup mixture over the top. Bake 45 minutes at 375°. Mix almonds and Chinese noodles. Put on top of casserole and bake 10 minutes more. If this is to be frozen it is best to freeze after it is assembled but before any baking. Then bake thawed for 55 minutes and add almonds and noodles and bake 10 minutes more.

Mrs. Elaine Barnett

BEEF AND MACARONI CASSEROLE

Serves: 8

Easy Do ahead Freeze Preparing: 1½ hrs.

Baking: 45 min.

2 lbs. ground chuck
1 tbs. bacon fat or olive oil
1 small can tomatoes
1 can tomato paste
1 bay leaf
2 cloves garlic, mashed
salt and pepper to taste
1 tbs. parsley, minced
1 tbs. celery leaves, chopped
1 -8 oz. pkg. shell macaroni
1 c. Parmesan cheese
½ lb. Meunster cheese cut in ½" slices
2 c. milk
1 tbs. flour
1 c. tomato juice
1 egg, well beaten

Heat fat in large heavy skillet and brown meat in it, stirring frequently. Add tomatoes, paste, bay leaf, garlic, salt and pepper to taste, parsley, and celery. Mix well, cover and simmer at lowest possible heat about an hour. Boil macaroni according to directions on package. Put ½ in large well-greased casserole. Sprinkle liberally with Parmesan cheese. Pour the meat-tomato mixture over it and sprinkle again with the Parmesan cheese. Add remaining macaroni and put a layer of Meunster on top. At this point you can set the casserole in the refrigerator until ready to cook. When ready, add a little milk, tomato juice and egg, mix well and pour over casserole. Run a long tined fork down to the bottom several times so that the liquid gets through. Bake at 400° for 45 minutes.

Mrs. George C. Ham

FIESTA CASSEROLE

Serves: 8

Easy Do ahead Freeze Preparing: 25-30 min.

Baking: 50 min.

1½ lbs. ground beef
3 tbs. salad oil
¾ c. onion, chopped
1 clove garlic, minced
1½ tbs. chili powder
2 tsp. paprika
½ tsp. oregano
1½ tsp. salt
⅛ tsp. black pepper
2 -10 oz. cans tomato puree
2 -1 lb. cans kidney beans, drained
1 c. corn chips, crushed
3 slices American brick cheese

Brown beef in hot oil, breaking up with fork. Add onion and garlic; continue cooking about 5 minutes. Stir in chili powder, paprika, oregano, salt, pepper, tomato purée, kidney beans, and corn chips. Pour into 2½ qt. baking dish. Cut cheese slices in half diagonally, arrange on top of chili mixture. Bake at 325° for about 50 minutes. If freezing, cheese should not be added until before serving.

Mrs. Ben F. Loeb, Jr.

CANNELLONI

Serves: 6-8

Complicated | Do ahead | Freeze | Preparing: 1½ hrs. | Baking: 30 min.

3 tbs. olive oil
1 medium onion, chopped
1 clove garlic, chopped
1 -10 oz. pkg. frozen chopped spinach, thawed
1 lb. ground beef
5 tbs. Parmesan cheese
1 box Manicotti noodles
2 tbs. heavy cream (from carton used for Besciamella Sauce
2 eggs, slightly beaten
½ tsp. oregano
salt and pepper
1 recipe for tomato meat sauce or 3 cans Buitoni Marinara Sauce

Sauté onions and garlic in olive oil until soft but not brown. Place thawed spinach in colander and press out as much water as possible. Add spinach to onions and cook, stirring over high heat until moisture has evaporated and spinach begins to stick lightly to pan. Transfer to large bowl. Brown meat. Add to onion-spinach mixture along with Parmesan cheese, heavy cream, eggs and oregano. Stir ingredients together. Taste and season with salt and pepper. The filling can be prepared ahead and kept refrigerated in a covered bowl until you want to stuff the noodles. When ready to stuff the noodles, bring 6 qts. of water to a boil. Parboil noodles, about 3 at a time for about 3 minutes. Remove from water with a slotted spoon and immediately fill with filling. Spread 1½ cans (10¼ oz. size) of Buitoni or Rage Marinara Sauce in bottom of 13" x 9" baking dish. Lay stuffed noodles in single layer on the sauce. Pour Besciamella Sauce over the noodles. Pour 1½ cans Marinara Sauce over all. Sprinkle Parmesan cheese on top and bake for ½ hour at 350°. Completely assembled and covered tightly with foil, the Connelloni can be kept refrigerated up to 2 days before baking. Also freezes well before baking.

BESCIAMELLA SAUCE

4 tbs. margarine
4 tbs. flour
1 c. milk
1 c. heavy cream (8 oz. carton)
1 tsp. salt

Melt butter in heavy saucepan. Stir in flour and let bubble briefly. Remove from heat and slowly add milk and cream, stirring constantly. Return to heat and cook stirring until sauce boils and thickens. Add salt.

Mrs. Anita Ramp

PASTICHIO

Serves: 4-6

Average Do ahead Freeze Preparing: 1 hr. 20 min.

Baking: 30 min.

1 onion, chopped fine
1 tbs. butter
1 can (small) tomato sauce
1 tsp. sugar
1 lb. ground beef, chopped
½ tsp. garlic
salt and pepper to taste
½ tsp. oregano
1 pkg. of elbow macaroni
4 eggs
½ c. grated Romano or Parmesan cheese

Brown onion in butter. Add chopped meat and continue browning, stirring constantly. Add tomato sauce and spices. Simmer for about 30 minutes. Add water as it is needed so that the meat does not burn or dry up. Boil and drain macaroni. Beat eggs together with cheese and mix into the elbow macaroni. Grease 9" x 13" pan and spread a layer of macaroni in the pan, then a layer of meat sauce. Repeat until all macaroni and meat sauce is gone. Spread grated cheese over the top layer. Pour cream sauce over the top and bake in a medium oven (about 350°) for 30 minutes. Cool slightly before cutting or serving. If frozen, may take more than 30 minutes.

CREAM SAUCE

3 oz. butter or margarine
3 c. milk
1 c. water
2 tbs. flour
2 eggs

Brown butter with flour. in a separate pot, boil milk. Gradually mix the milk into the butter and flour. If batter is too thick, add more milk. Beat the eggs and water and mix with flour mixture.

Mrs. George Cocolas

CHICKEN CASSEROLE

Serves: 8-10

Average Do ahead Freeze Preparing: 30 min.

Baking: 30 min.

2 c. chicken, cooked
1 can cream of mushroom soup
1 c. celery, chopped
1 small onion, chopped
½ tsp. salt
1 tbs. lemon juice
½ c. mayonnaise
3 hard-boiled eggs, sliced
1 c. rice, cooked
2 c. potato chips, crushed
2 tbs. chicken broth or dry sherry

Mix above in 1½ qt. buttered casserole. Sprinkle some crushed potato chips on top for decoration. Bake at 350° for 30 minutes. This freezes well before baking but if making to freeze leave out mayonnaise and eggs. Dish must thaw before baking.

Mrs. Cora Lea Hullender

CHICKEN SPAGHETTI

Serves: 12

Average | Do ahead | Freeze

Preparing: 45 min.
Baking: 1 hr.

4-5 lb. chicken or turkey breast
4 cans (10½ oz.) cream of mushroom soup
1 can (3 oz.) mushrooms, drained
1 can (2 oz.) pimentos, drained
1 small green pepper or 4 tbs. cayenne pepper (optional)
10 oz. spaghetti
2 tbs. chicken fat
1 tbs. sherry (optional)
½ lb. grated cheese

Cook chicken and cut in pieces, little larger than bite-size. Cook spaghetti in chicken stock and drain. Keep warm in collander over hot water. Add green pepper, pimentos and mushrooms to soup. Simmer 5 minutes. Add chicken and spaghetti, and season with cayenne, salt and sherry, if desired. Put in buttered casserole and cook at 350° for 1 hour. Top with grated cheese and return to oven to melt cheese.

Mrs. William B. Aycock

CHICKEN TETRAZZANI

Serves: 20

Average | Do ahead

Preparing: 2 hrs.
Chilling: 12-24 hrs.
Baking: 45 min.

1 large hen
1 onion
1 bunch celery tops
1 bay leaf

On the first day, cook ingredients together with plenty of water and salt and pepper until tender.

2/3 c. chicken fat
2/3 c. flour
5 c. broth
1 c. milk
3 tbs. sherry
1 can mushrooms
1 c. celery, chopped
1 garlic bud, chopped
1 small can pimento, chopped
1 can tomato purée
chicken cut in chunks
2 boxes macaroni

On the second day make cream sauce with chicken fat, flour, broth and milk. Add to cream sauce the sherry, mushrooms, celery, garlic, pimento, tomato purée and chicken. Cook macaroni and drain. Put in large casserole, layer of macaroni and layer of cream sauce with chicken until almost full. Put in refrigerator overnight.

On the third day remove casserole from refrigerator and let warm to room temperature. Bake about 45 minutes at 350°. Sprinkle top with grated cheese. Melt cheese and serve hot. Garnish with parsley.

Mrs. Malcolm A. McLeod

CHICKEN AND DRESSING CASSEROLE

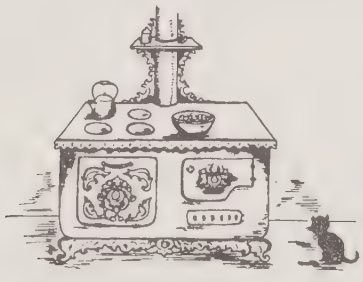
Serves: 4-6

Average | Do ahead | Freeze | Preparing: 30 min. | Baking: 25-30 min.

1 fryer (cooked and cut into chunks) or turkey
2 cans cream of chicken soup
¼ c. mayonnaise
1 c. celery, finely chopped
½ c. slivered almonds
2 tbs. onions, finely chopped
Pepperidge Farm stuffing mix
butter

Boil fryer until tender. Take lean meat and cut into chunks and place in casserole. Combine soup, mayonnaise, celery, almonds and onions and mix well. Pour over chicken. Top with about ½ package of stuffing mix in a large casserole dish. Dot with butter or margarine. Bake 25-30 minutes at 350° or until brown. May make 2 small casseroles and freeze 1, if desired. Put dressing on top after casserole has cooked and thawed out though—so it won't get too brown. Serve with cranberry sauce.

Mrs. Robert E. Brooks



CHICKEN CASSEROLE WITH WATER CHESTNUTS

Serves: 6-8

Easy | Do ahead | Baking: 45 min.

2 c. cooked rice
2 c. cooked chicken, diced
2 c. cooked celery, diced (should still be crunchy)
2 cans creamed chicken soup, undiluted
4 tbs. onion, chopped
¾ c. slivered toasted almonds
2 small cans water chestnuts, cut in medium pieces
1 c. mayonnaise
2 c. cornflakes
¼ c. butter

Mix all ingredients together except cornflakes and butter and put in medium size oblong pyrex casserole. Crush cornflakes into butter and sprinkle on top of casserole. Bake for 45 minutes at 350°.

Mrs. Cornelius O. Cathey

CHICKEN AND TUNA PARTY CASSEROLE

Serves: 8-10

Average | Do ahead | Preparing: 30-40 min.

Baking: 45 min.

1 large pkg. (16 oz.) seashell macaroni
2 onions, diced
2 green peppers, diced
2 cans tuna fish (6½ oz.)
2 cans boned chicken (5 oz.)
2 cans mushroom soup, undiluted
2 c. milk
salt and pepper
garlic salt
oregano
1 c. bread crumbs
¼ lb. butter

Dice onions and green peppers; fry in butter until pieces are soft. Cook macaroni in 3 qts. of boiling water for 12 minutes. Drain macaroni in colander, and run cold water over it to prevent macaroni from bunching together. Grease large casserole baking dish. Combine flaked tuna fish and chicken, mushroom soup, milk, salt and pepper to taste, 4 pinches of oregano, and the fried onion and pepper. Add cooked macaroni to the mixture. Sprinkle top liberally with bread crumbs, and dot bread crumbs with butter. Do not cover. Bake at 350° for 45 minutes.

Mrs. Jane Moran

TUNA CASSEROLE WITH ALMONDS

Serves: 6

Average | Do ahead | Freeze | Preparing: 15 min.

Baking: 40-50 min.

4 tbs. butter
4 tbs. flour
2 c. milk
3 chicken bouillon cubes
2 eggs, beaten
½-1 c. mayonnaise
1 c. white meat tuna or chicken
¾ can Chinese noodles or potato chips
slivered almonds

Make white sauce of milk, flour, butter and bouillon cubes. Let cool. Add mayonnaise and beaten eggs. Fold in other ingredients. Cover with topping of remaining Chinese noodles and slivered almonds. Bake at 350° for 40-50 minutes. The leftovers may be frozen or entire dish may be frozen before baking.

Mrs. William Eastman

WILD RICE CASSEROLE "GLUMPF"

Serves: 16-20

Average Do ahead Freeze

Preparing: 1 hr.

Baking: 25 min.

2 c. wild rice
1 lb. sausage, cooked and drained
1 lb. fresh mushrooms, sliced
2 medium white onions, chopped
slivered almonds
¼ c. flour
½ c. cream or milk
2½ c. chicken broth, condensed
½ tsp. oregano and thyme
1 tsp. salt
⅛ tsp. pepper

Add water until about 1" covers rice and cook slowly until tender. (All water will be absorbed.) Sauté sausage meat, drain and break up. Sauté fresh mushrooms and chopped onion in sausage fat. Drain if necessary. Add cooked sausage. Mix flour and cream until smooth. Add chicken broth and seasonings. Combine all ingredients and place in casserole. Bake at 350° for 20-25 minutes. Sprinkle with toasted slivered almonds. This recipe is especially good with all kinds of fowl.

Mrs. Gloria N. Blythe

SAUSAGE CASSEROLE

Serves: 4-6

Easy Do ahead

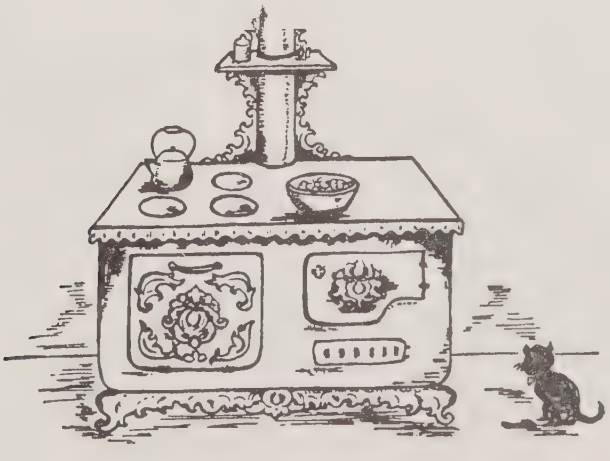
Preparing: 15-20 min.

Baking: 1 hr.

1 lb. sausage
1 c. rice, uncooked
1 can consommé
1 green pepper, chopped
1 onion, chopped
1 c. grated cheese
water in amount needed with consomme for 1 c. rice

All can be prepared and put in casserole ahead. Sauté sausage, onion and pepper. Drain off excess grease. Combine all ingredients into a 2 qt. casserole dish, reserving a small amount of cheese to use on top, if desired. Bake for 1 hour at 350°. May be served for breakfast.

Mrs. Betsy Bryan



NOTES

MEATS

BARBEQUE ROAST

Serves: 5-6

Easy | Do ahead

Preparing: 10 min.
Marinating: 24 hrs.
Cooking: 45-50 min.

¾ lbs. chuck of shoulder roast, 2½-3" thick
4 cloves garlic
¼ c. salad oil
1 tsp. crushed rosemary
½ tsp. dry mustard
2 tsp. soy sauce
¼ c. wine vinegar
¼ c. sherry
2 tbs. ketchup
½ tsp. Worcestershire sauce
1½ tsp. A-1 sauce

Sauté garlic in oil. Add rosemary, mustard, soy sauce. Remove from heat; stir in vinegar and sherry. Place marinade and roast in plastic bag in bowl. Squeeze out air and close bag. This lets marinade go around entire roast. Marinate for 24 hours. Before barbecuing, add last 3 ingredients. Baste with marinade while roast cooks over charcoal, about 45 minutes. Diagonally slice and serve.

Mrs. Daniel Textoris

GRANDMOTHER'S POT ROAST

Serves: 8

Average | Do ahead

Preparing: 15 min.
Marinating: 12 hrs.
Baking: 3 hrs.

4 lb. round, chuck or rump
1 slice bacon, small pieces
small cloves of garlic, crushed
sage, thyme, and parsley
prepared mustard
1 lemon, sliced thin

Wash and dry roast. Cut a number of tiny pockets with tip of sharp knife. Tuck in little pieces of bacon, pinch of sage, tiny cloves of mashed garlic, thyme, and parsley. Spread a *thin* layer of prepared mustard across the top and cover with thin slices of lemon. Place in a pan and let stand overnight. Salt and pepper roast and rub with a little flour. Brown in a heavy pan. Either cook in a covered Dutch oven or bake in a covered dish. Add a little water and bake 2½-3 hours at 325° or simmer for same time on top of stove in Dutch oven. Carrots and potatoes may be added later.

Mrs. Elaine Barnett

SPICY EYE OF ROUND ROAST

Serves: 4-6

Easy Do ahead

Preparing: 5 min.
Marinating: 24 hrs.
Baking: 1½ hrs.

3½ lbs. eye of round roast
2 oz. Heinz 57 Steak Sauce
2 oz. olive oil
2 oz. cider vinegar
salt and pepper
flour

Marinate overnight in a mixture of steak sauce, olive oil and vinegar. Before roasting the meat, drain off the marinade and save it for gravy. Preheat oven to 325°. Salt and pepper the drained roast and cook in open pan for 1½ hours. Remove the meat to a warm platter. Simmer the pan drippings with some of the marinade and a little water, thicken with flour for spicy gravy. Slice meat thin and serve hot or cold.

Mrs. R. Beverly Raney

PASTRAMI (PICKLED BEEF)

Serves: 8

Average Do ahead Freeze

Preparing: 20-30 min.
Simmering: 2½ hrs.
Chilling: Several hrs.

4 lb. fresh beef brisket (or rump roast)
2 large onions, chopped
4 cloves garlic, quartered
1 tbs. mixed pickling spices
1 tbs. vinegar
salt to taste (about 2 tsp.)
water to cover
1 tbs. cracked black pepper
½ tsp. allspice
½ tsp. nutmeg
½ tsp. paprika

Place trimmed brisket in pan and add water to cover. Add onions, garlic, pickling spices, vinegar, salt and water to cover. Simmer, covered, until done—about 2½ hours. Cool in liquid. Reserve and strain broth. Cover damp meat with the spices—pepper, allspice, nutmeg, and paprika—mixed on waxed paper. Wrap in foil and chill. Slice very thin. Serve cold with "cold cuts" or hot. To heat, place slices in foil. Spoon over some of the broth, wrap and heat about 10 minutes at 350°. Serve hot slices and broth over plain white rice. This may be frozen for 2 weeks.

Mrs. Olin T. Mouzon

BEEF BOURGUIGNONNE

Serves: 6

Complicated | Do ahead | Simmering: 2½ hrs.

1 lb. salt pork
4 lbs. beef cut into 2" cubes
1 large onion (1 c.)
2 cloves garlic, chopped
2 carrots, sliced
2 tsp. salt
1 bottle Burgundy
3 oz. tomato paste (½ can)
1 -10 oz. can beef broth
1 tsp. thyme
2 bay leaves
2 tbs. dried parsley or 2 sprigs fresh
8 peppercorns
3 tbs. butter
1 lb. mushrooms, sliced
2 doz. small white onions, peeled, or 2 -1 lb. jars of canned onions
4 tbs. flour
4 tbs. soft butter
1 tbs. lemon rind, grated
2 tbs. parsley, chopped

Cover salt pork with water, bring to a boil, and simmer for 5 minutes. Drain and pat dry. Cut into small pieces and cook until crisp and brown in Dutch oven or large pot. Remove pork and reserve. Brown beef well on all sides in fat. Add only enough beef to partially cover bottom. Remove browned pieces before adding more beef. Use a medium-high heat so beef will really brown. After all pieces are browned, pour off fat and put beef in pot. Add onion, garlic, salt, wine, carrots, tomato paste, and 2 cups beef broth. In a small piece of cheesecloth put spices, tie, and push down into liquid. Bring to boil, cover, and simmer for 2-2½ hours until beef is tender. (May be cooked at 350° in oven for same amount of time.) Sauté mushrooms in butter until tender. Remove and reserve. Add onions and brown. Add remainder of broth and simmer until onions are tender (about 10 minutes). If using canned onions, drain and brown in butter. Browning may be very slight. Blend flour and butter to form paste (*beurre manie*). After beef has cooked, remove from liquid. Remove *bouquet garni* (spices in cheesecloth). Add *beurre manie* in small pieces until liquid has thickened sufficiently. Add lemon rind. Add beef to liquid along with onions and mushrooms. If desired, add salt pork bits. Reheat and sprinkle with parsley.

Mrs. Sara Smith

GRENADINS DE BOEUF

Serves: 4-6

Average | Do ahead | Freeze | Preparing: 2 hrs.
Baking: 1 hr.

2 lbs. stewing beef or round steak
dash pepper, thyme, nutmeg
¼ c. clarified butter
¼ c. carrots, chopped
¼ c. white parts leeks or green onion bulbs, chopped
¼ c. celery stalks, chopped
1 tbs. shallots or chives, chopped
1 bay leaf
¼ tsp. thyme
¼ tsp. tarragon
6 bruised peppercorns
1½ c. dry white wine

Pound beef cubes, adding pepper and dash each of thyme and nutmeg. Sear meat in clarified butter until browned. Place meat in casserole with carrots, white parts of leeks and celery stalks, coarsely chopped, shallots or chives, bay leaf, thyme, tarragon, and peppercorns. Add wine and cover the casserole tightly. Braise the grenadins at 350° for 30 minutes, turn them, and cook them for 30 minutes longer. Strain the sauce in the casserole into a saucepan. At this point the dish can be placed in refrigerator until an hour before serving.

SAUCE GLAZE

liquid from casserole reduced almost completely
1 c. beef stock
2 tbs. sherry or Madeira
salt and pepper to taste

Reduce sauce from casserole almost completely over high heat. Add beef stock and sherry or Madeira. Reduce the sauce again over high heat by half and season it with salt and pepper to taste. Spread the sauce over the *grenadins* with a pastry brush and put the platter under the broiler until the top is glazed. Garnish with watercress or sprigs of parsley and 6 large mushrooms sautéed in butter.

Mrs. Jeannie Browning

MARINATED FLANK STEAK

Serves: 4

Easy | Do ahead | Freeze | Preparing: 5 min.
Marinating: 12 hrs.
Cooking: 16 min.

2-3 lbs. flank steak
¼ c. soy sauce
3 tbs. honey
1 tsp. ginger
1 clove garlic, minced
¾ c. salad oil
1 green onion

Combine above ingredients and marinate meat in this mixture overnight or approximately 12 hours. Cook meat over coals—8 minutes on each side. Slice meat on the diagonal.

Mrs. L. H. Hutchens, Jr.

BARBEQUE BEEF ON BUN

Serves: 8-10

Easy Do ahead Freeze

Preparing: 15 min.

Cooking: 6-8 hrs.

1-3 lbs. (or more) boneless chuck roast
1 qt. barbeque sauce
1 garlic clove, crushed
¼ c. fresh parsley, chopped
2 pkg. sesame seed rolls

In a kettle add water to roast level. Add ½ quart barbeque sauce, garlic, and parsley. Boil gently ½ hour uncovered. Turn roast and add remaining sauce. Simmer covered for 6-8 hours, stirring occasionally. At the end of this time, the meat should shred and the juices are thickened. Remove grease or fat before serving on warm buns.

Mrs. Gayle Venters Brown

BAKED STEW

Serves: 8

Easy Do ahead

Preparing: 30 min.

Baking: 5 hrs.

2 lbs. beef or chuck, cut in pieces
2 c. onions, diced
2 c. potatoes, quartered
2 c. fresh carrots, cut in chunks
2 c. celery, cut large
1 tsp. sugar
1 can sliced mushrooms (optional)
2 tsp. salt
½ tsp. pepper
3-5 tbs. tapioca
3 c. vegetable-tomato juice

Place all ingredients in order given in roaster with fitting lid. Bake at 250° for 5 hours. No browning necessary. When done the gravy will be thick and brown.

Mrs. Miles Fitch

RANCHER'S STEW

Serves: 4

Easy Do ahead Freeze

Cooking: 1 hr.

1 -14 oz. can tomatoes
2-2½ lbs. stew meat
1 large onion, chopped
1 pkg. frozen mixed vegetables
1 -1 lb. can white hominy
chili powder to taste, but generously
salt and pepper to taste

Brown onions and meat in vegetable oil. Add tomatoes; cook until meat is almost tender. (Can be set aside or frozen to finish later at this point.) Add vegetables and cook until tender; then add hominy and spices. Simmer until done and flavors have mingled. Good in large quantities for informal party.

Mrs. George W. Douglas

SIKBĀJ (BAGHDAD MEAT STEW)

Serves: 6-8

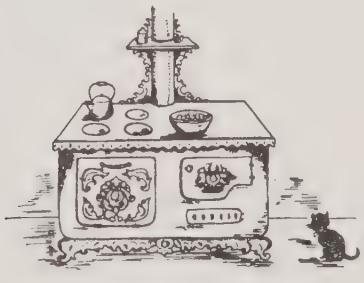
Easy Do ahead

Preparing: 4 hrs.
Cooking: 2½ hrs.

3 lbs. chuck (rump or ribs)
2 tbs. vegetable oil
3 c. boiling water
¾ tsp. crushed coriander
1 tsp. cinnamon
1½ c. onions, sliced
1 c. carrots, sliced
12 scallions, quartered lengthwise
2 tsp. salt
½ tsp. freshly ground black pepper
¼ c. wine vinegar
½ c. honey
1 c. almonds, sliced
1 -17 oz. can figs, drained

Cut meat in 1½" cubes. Heat oil in a Dutch oven or heavy casserole. Lightly brown meat in it. Add water, coriander, cinnamon, onions, carrots and scallions. Cook over low heat 1½ hours. Mix in salt, pepper, vinegar, and honey. Cook 1 hour. Add almonds and figs. Cover pan, remove from heat and let stand 1 hour. Reheat just before serving to guests.

Mrs. Rachel R. Avery



OVEN-BAKED BURGUNDY BEEF

Serves: 6

Easy Do ahead Freeze

Preparing: 1 hr.
Baking: 2½ hrs.

2 lbs. lean chuck or round beef
1 tbs. Kitchen Bouquet
¼ c. cream of rice
4 carrots, more if small
1 c. Burgundy or red wine
1 -6 oz. can mushrooms
2 c. onions, thinly sliced
1 c. celery, thinly sliced
1 clove garlic, minced
2 tsp. salt
⅛ tsp. pepper, marjoram, thyme

Trim excess fat from beef and cut into 1½" cubes. Place in 2½ qt. casserole. Toss gently with Kitchen Bouquet. Mix in cream of rice, pared, sliced carrots and rest of ingredients, mixing gently. Cover and bake 2½ hours at 250°. Stir every 30 minutes.

Mrs. William P. Richardson

SUKI YAKI

Serves: 6-8

Easy | Serve immediately | Cooking: 11 min.

4 tbs. salad oil
3 lbs. sirloin or round steak, cut diagonally into 2" x ¼" strips
½ c. sugar
1½ c. soy sauce
1 bunch green onions
½ c. water or mushroom juice
3-4 medium onions
2 green peppers, cut into strips
2 c. celery, cut
2 c. bamboo shoots or water chestnuts
2 c. mushrooms

Heat oil in skillet. Add meat and brown. Mix sugar, soy sauce and water. Add half of this to meat. Add onions, peppers, celery and cook about 4 minutes. Add remaining liquid, bamboo shoots or water chestnuts and mushrooms and cook 5 minutes more. Add green onions and cook 2 minutes longer. Serve over rice. Meat can be cut ahead of time and frozen before cooking. Vegetables should not be overcooked and should be crisp.

Mrs. Beverly Brenner

STUFFED CABBAGE

Serves: 6

Average | Do ahead | Preparing: 30-45 min.

Simmering: 1½ hrs.

1 large head cabbage
1 lb. ground beef
½ c. rice, cooked
½ onion (medium), grated
½ tsp. pepper
1 egg
1 tsp. salt
1 can (6 oz.) tomato paste
1 can (8 oz.) tomato sauce
1 c. water
¼ tsp. sage
1 bay leaf
¼ c. packed brown sugar
2 tbs. vinegar
½-1 c. raisins

Remove core from cabbage and cover with boiling water; let stand 15 minutes or until cabbage leaves are wilted. Mix ground beef and next 5 ingredients. Stir in 1 tablespoon tomato paste. Drain cabbage and carefully remove 12 large leaves. Discard outer, stringy leaves. Place a heaping tablespoon of meat mixture on each leaf. Tuck in the sides and carefully roll up cabbage leaves. (It may be necessary to secure the ends with toothpicks.) Shred the remaining cabbage and place on the bottom of a large heavy saucepan. Carefully place cabbage rolls on shredded cabbage. Combine the remaining tomato paste and the next 4 ingredients; pour over the cabbage rolls. Cover and simmer over low heat 1 hour. Uncover, pour a mixture of brown sugar and vinegar over all, and add raisins. Simmer 30 minutes.

Mrs. Alexander Kaplan

SWEET AND SOUR BEEF

Serves: 8

Easy | Do ahead

Preparing: 30 min.
Simmering: 1 hr.

2½ lbs. top of round beef
½ c. salad oil
¼ c. brown sugar
¼ c. vinegar
3 tbs. cornstarch
1 tbs. soy sauce
2 tbs. Worcestershire sauce
1 tsp. chili powder
¾ c. dry red wine
1 c. ketchup
1 medium can pineapple chunks
1 green pepper, cut into strips
½ c. water
1 tsp. salt
½ lemon in 1 piece
1 bay leaf
1 tsp. marjoram
1 tsp. thyme
2 whole onions
1 clove of garlic

Cube beef into bite-sized pieces. Brown slowly in salad oil. Combine remainder of ingredients and pour over beef. Simmer covered for 1 hour. If this gets too thick, thin with more wine. At serving time remove lemon, onions, bay leaf, and garlic. Serve with rice. It is better if it is prepared ahead and then warmed up just before serving.

Mrs. Elaine Barnett

BEERBURGERS

Serves: 4

Easy | Do ahead

Preparing: 10 min.
Cooking: 10 min.

1 lb. ground beef
1 tbs. onion, grated
1 tsp. salt
½ tsp. pepper
2 tbs. oil
4 buns or toast

Combine ground beef, onion, salt and pepper to make burgers and brown in oil. Add sauce. Simmer for 10 minutes. Serve on toasted buns or bread.

SAUCE

½ c. ketchup
½ c. beer (flat or otherwise)
2 tbs. vinegar
⅛ tsp. pepper
2 tbs. sugar
2 tbs. Worcestershire sauce
1 tsp. salt

Mrs. Patricia Bott

STUFFED ZUCCHINI

Serves: 4

Average | Do ahead | Preparing: 1 hr.

Cooking: 30-40 min.

1 lb. ground beef
1 medium sized onion, chopped fine
¼ c. regular uncooked rice
1 tsp. mint, chopped (optional)
1 tsp. dill seed
salt and pepper to taste
1 tbs. tomato sauce or ketchup
3-4 medium to large size zucchini squash, parboiled
1 c. water
2 tbs. tomato sauce or ketchup
2 tbs. butter or margarine

In medium size bowl, mix ground beef, onion, rice, mint, dill, salt and pepper, and tomato sauce or ketchup. With hands, knead until well mixed and blended. Wash zucchini and pat dry with paper towel. Cut off about ½-1" of stem end. Set aside to use as cover after stuffing the squash. Scoop out the inside of the zucchini, leaving ¼-½" remaining. Sprinkle cavity with salt. Stuff with the meat mixture and replace cover, fastening it with toothpicks. If any of the meat mixture is left over, form into medium sized balls and cook along with the stuffed zucchini. In baking dish or skillet of proper size put the stuffed zucchini and meat balls, if any. Mix tomato sauce and water, and pour over the squash. Add the butter in one piece. Cover and cook over medium heat for 30-40 minutes or until vegetable is soft. This is a Turkish recipe. Any vegetable which is stuffed is called a Dolma. This recipe can be used with eggplant, green pepper, tomato or cabbage leaves. All these vegetables, except the tomato, should be parboiled before stuffing.

Mrs. William A. Terrill

HAMBURGERS

Serves: 20

Easy | Do ahead | Freeze | Preparing: 30 min.

5 lbs. ground chuck
1 c. Ritz cracker crumbs
1 c. applesauce
1 envelope Lipton onion soup
5 tsp. Accent
3 tsp. Tabasco
3 tbs. Worcestershire sauce
½ tsp. garlic salt
salt and pepper

Mix all ingredients. Make into hamburger patties. Place on cookie sheets and freeze. Then place in plastic bags and remove as needed. This also makes a good meat loaf. No need to thaw before cooking.

Mrs. Crowell Little

MEATBALLS IN WINE SAUCE

Serves: 6

Average | Do ahead | Preparing: 30 min.

Frying: 20 min.

1½ lbs. lean ground meat
1½ tsp. salt
½ tsp. pepper
1 tsp. dry mustard
1 garlic clove, grated
½ tsp. Worcestershire sauce
½ c. parsley, chopped
butter or margarine

Mix all ingredients and gently form into small meatballs about 1½" in diameter. Roll in flour and quickly brown in margarine, shaking pan so that they brown on all sides. Don't overcook. Remove from pan and keep warm. Make sauce in the same pan.

WINE SAUCE

4 green onions, finely chopped
1 tsp. garlic, finely chopped
2 tbs. butter
1½ tbs. flour
½ c. red wine
2 small or 1 large can mushrooms (or ½ lb. fresh mushrooms)
1 can small boiling onions
2 c. beef broth
1 tbs. parsley, chopped

In pan or skillet where meatballs were cooked, add butter and green onions, garlic and cook for a few minutes until soft. Remove from heat, sprinkle in flour and stir into mixture. Gradually, add red wine and broth, and put back on heat and cook until thickened. Add drained mushrooms or sautéed mushrooms if fresh are used, and can of onions. Cook 5 minutes. At this point sauce may be put aside and reheated when ready to use. In the last 5 minutes before serving put meatballs in sauce and heat. Add parsley and serve.

Mrs. Georgia Kyser

CHILI SAUCE

Yield: 1 qt.

Easy | Do ahead | Preparing: 15 min.

Chilling: several hrs.

1 qt. tomatoes (peeled, canned or fresh)
1 c. vinegar
½ c. sugar
½ tsp. salt
pinch of cayenne pepper
2 large onions (cut in small pieces)
1 green pepper (cut in small pieces)
½ tsp. cloves
½ tsp. cinnamon

Chop tomatoes, green pepper and onions. Put all ingredients in saucepan and cook on medium. Heat until onions and green pepper are cooked. This recipe is served chilled with hamburgers or beef dinners, and may be kept in sterilized canning jars indefinitely.

Mrs. Nancy Greenberg

BEEF FONDUE BARBECUE SAUCE

Yield: 2½ c.
Preparing: 15 min.
Simmering: 10 min.

Easy Do ahead

2 cans (8 oz.) tomato sauce
2 tbs. brown sugar
¼ c. vinegar
2 tbs. Worcestershire Sauce
1 tsp. salt
1 tbs. paprika
1 tsp. dry mustard
1 tsp. chili powder
⅛ tsp. cayenne pepper
2 tbs. chives

Combine all ingredients. Simmer for 10 minutes. Serve in individual dishes for dipping.

Mrs. James A. Wilde

BLANQUETTE OF LAMB

Serves: 6
Preparing: 30 min.
Baking: 40 min.

Average Do ahead

3 lbs. boneless lamb in 1" cubes
7 tbs. butter
10-12 small boiling onions
½ lb. mushroom caps
½ c. Madeira or white port wine
1 c. Velouté Sauce (see recipe below)
½ c. heavy cream
salt and pepper

Sauté lamb in 4 tablespoons butter until golden. Salt and pepper and simmer slowly for ½ hour. Sauté 10 or 12 small boiling onions in 3 tablespoons butter until almost tender. Add ½ lb. mushroom caps and cook about 5 minutes more. Place lamb in a 3-4 qt. casserole. Rinse pan with ½ cup Madeira or White Port wine and add to 1 cup Velouté Sauce. Simmer 5 minutes. Add ½ cup heavy cream. Simmer 5 more minutes. (You may stop recipe at this point and refrigerate until ready to bake.) Mix lamb, onions and mushrooms and pour sauce over all. Cover and bake at 325° for 40 minutes. Serve with Persian Rice (see vegetables).

VELOUTÉ SAUCE

2 tbs. butter
1½ tbs. flour
sprig of parsley, chopped
1 c. chicken broth
dash of nutmeg
salt and pepper to taste

Melt butter in a saucepan. Add flour and cook for 2 minutes, stirring constantly, without letting the flour brown. Take pan off heat and add chicken broth. Flavor with nutmeg, salt and pepper.

Mrs. Lara Hoggard

GRILLED LEG OF LAMB

Serves: 8 generously

Easy Do ahead Preparing: 10 min.

6-7 lbs. leg of lamb
5-6 cloves garlic, cut into slivers
dried rosemary
salt and pepper

If possible, have butcher "butterfly" a leg of lamb. This flattens it out and makes it into a more suitable size for grilling over charcoal. A boned and rolled roast is the next easiest. With a sharp knife, make small gashes about 2-3" apart all over the surface of the lamb. Insert a sliver of garlic into each gash. Sprinkle lamb with salt, pepper and a generous amount of rosemary. Cover lamb with 2 layers of heavy foil and put on grill. Cook over low heat until done (until meat is still slightly pink, removing foil for last 20-30 minutes of cooking). Let roast sit for 20 minutes, then slice and serve immediately with chutney.

Mrs. Robert L. Andersen

SHISH KEBOBS

Serves: 4

Easy Do ahead Marinating: 24 hrs.

Preparing: 30 min.

1 lb. lamb shoulder or leg, cubed
¼ c. sherry
¼ c. Wesson oil
½ tsp. salt and pepper
1 medium onion, sliced
½ tsp. thyme
½ tsp. basil
1 clove garlic

Combine ingredients and marinate overnight. Assemble meat on skewers with onion, green pepper, tomato and mushroom chunks. Broil until done.

Mrs. Charles Oliver, II

SWEET AND SOUR HAM

Serves: 6

Easy Do ahead Freeze Preparing: 15 min.

Baking: 30 min.

2 c. cooked ham, diced
1 -8¼ oz. can undrained pineapple chunks
1 green pepper, cut in strips
1 c. fresh mushroom caps
½ c. brown sugar
3 tbs. cornstarch
¼ c. lemon juice
½ c. soy sauce

Mix pineapple chunks with juice and ham, and put in a 2 qt. casserole dish. Place green pepper strips and mushrooms on top. Combine sugar and cornstarch and add to lemon juice and soy sauce. Pour over ham mixture. Cover dish and cook at 350° for 30 minutes or cook on top of stove over low heat until thickened. Serve over rice with cashew nuts or chow mein noodles.

Mrs. Donald Patterson

OLD COUNTRY HAM

Complicated | Do ahead

Preparing: 1½ hrs.
Simmering: 30 min.
Soaking: 48 hrs.
Baking: 30 min.

1 c. vinegar
1 c. brown sugar or molasses
½ tsp. monosodium glutamate
enough cold water to cover ham

Scrub ham and soak in water overnight (some hams do not have to be soaked; check outer wrapper). Put ham in a cloth sack and place in lard can that has a lid. Add the above ingredients. Put lid on and bring to rapid boil. Lower heat and simmer 30 minutes. Place old raincoat, rug or blanket on floor or cabinet surface that will not be used for 24 hours. Place 2 thick magazines on top of blanket. Set lard can which contains ham on magazines and wrap with several newspapers and tie securely. Then wrap with blanket or anything that will keep heat in. Leave for 24 hours. Remove ham, skin and trim it. Score fat and glaze ham, if desired, with the following mixture:

¾ c. dark corn syrup
¼ tsp. dry mustard
⅛ tsp. Tabasco
2 tbs. vinegar
10 whole cloves

Combine these ingredients and bring to a boil. Spread on ham and bake 30 minutes.

Mrs. J. D. Phillips, Jr.

STUFFED PORK CHOPS

Serves: 4

Average | Serve immediately

Preparing: 35 min.
Cooking: 1 hr.

4 double rib pork chops 1" thick
1 small onion
½ stalk celery with leaves
¾ c. fine bread crumbs
rind of 1 orange (⅛ tsp.)
¼ c. orange juice
pinch of dry mustard
⅛ tsp. sage
¼ tsp. ground ginger
2 tbs. flour
salt and pepper
2 tbs. butter or margarine
½ c. hot water
1 bay leaf

Cut a generous pocket in the meaty side of each chop. Cut onion and celery in small pieces and mix well with bread crumbs, orange rind and juice, mustard, sage and ginger. Fill each pocket of each chop with stuffing, then dust with flour, seasoned briskly with salt and pepper. Heat butter or margarine in a heavy skillet and brown the chops quickly on both sides. Add water and bay leaf, cover tightly, and cook the chops slowly for 1 hour.

Mrs. Claude George

ITALIAN PORK CHOPS

Serves: 6

Easy | Do ahead | Preparing: 10 min.

Cooking: 45 min.

6 pork chops, ¾" thick
½ tsp. salt
dash of pepper
1 can cheese soup
1 -6 oz. can tomato paste
1 c. water
½ tsp. basil
dash tabasco
6 oz. wide noodles, cooked
3 slices mozzarella cheese, halved

Trim fat from chops. Heat fat in skillet until you have 1 tablespoon melted fat. Remove trimmings. Brown chops and season with salt and pepper. Combine soup, tomato paste, water, basil, and tabasco. Pour over chops. Cover and simmer 40 minutes. Add noodles and cook, covered, 5 minutes more. Place cheese on top and let it melt.

Mrs. Charles Oliver, II

CHINESE SWEET-SOUR PORK

Serves: 3

Average | Do ahead | Preparing: 45 min.

1½ c. bite-size pieces of lean pork
2 large green peppers, cut up
4 slices canned pineapple, in pieces
2 large carrots, boiled until almost tender and cut into bite-size pieces
oil for frying (about 1/3" from bottom)

BATTER: Beat ingredients together.

1 large egg
4 tbs. flour
½ tsp. salt
⅛-¼ tsp. garlic powder

SAUCE: Blend ingredients together.

2 tbs. cornstarch
1/3 c. brown sugar
1 c. bouillon
2 tsp. soy sauce
½ c. vinegar

Put meat cubes in batter. Heat oil in heavy frying pan. Drop meat into fat, separating pieces with a fork. Brown and turn to brown on the other side (10-15 minutes). Pour off most of the fat. Put peppers, carrots, and pineapple in the pan with the pork pieces with 1/3 cup water or pineapple juice. Cover and simmer until peppers begin to soften (about 10 minutes). Add the sauce. Stir constantly until the juice thickens and clarifies and the mixture boils up well (about 5 minutes). Serve immediately with hot boiled rice. This dish will serve more people if other Chinese dishes are added. It may be prepared ahead; if so, do not cook until green peppers are soft. Then warm carefully.

Mrs. John D. Riebel

SWEET AND SOUR PUNGENT PORK

Serves: 4-5

Average | Partly do ahead | Preparing: 30-40 min.

peanut oil
1 onion
1 green pepper
1 lb. lean boneless pork
1 egg
1 c. flour
1 tsp. salt
1 can pineapple chunks
¼ c. ketchup
2 tbs. vinegar
1 tsp. sugar
pinch salt
1 tsp. Worcestershire sauce
1 tbs. cornstarch
2 tbs. water

Heat 3 tablespoons oil and sauté onion and green pepper. Remove from pan. Add more oil. Dip cubed pork in slightly beaten egg, drop into flour and salt mixture. Heat oil and brown pork (about 10 minutes). Remove and drain on paper towels. Remove all but 1 tablespoon of oil. Drain pineapple (save syrup), and mix ½ cup syrup with ketchup, vinegar, salt, sugar, and Worcestershire sauce. Pour into pan and heat. Mix cornstarch and water together; stir into sauce. Cook until smooth and thick. Add pineapple chunks, onion, green pepper and pork. Heat. This can be partly prepared ahead by chopping vegetables, cubing meat, mixing sauce, measuring flour mixture and mixing cornstarch and water.

Mrs. Jeanne Furman

BARBECUED RIBS

Serves: 4

Easy | Do ahead | Preparing: 15 min.
Parboiling: 45 min.
Baking: 20 min.

3-4 lbs. pork loin back ribs
1 tsp. salt
2 tbs. butter or margarine
½ c. onion, chopped
2 tbs. brown sugar
1 tsp. salt
½ tsp. dry mustard
¾-1 c. Carolina Treat (barbecue sauce)
1 medium can pineapple, crushed
¼ c. lime juice (2 limes)
1½ tsp. soy sauce

Cut ribs into serving portions. Place in large skillet or pot. Cover with water, add 1 teaspoon salt, and simmer 40-45 minutes. Drain. In saucepan melt butter, add onion and cook until tender. Add brown sugar, the other teaspoon salt and mustard. Stir in Carolina Treat, pineapple, lime juice and soy sauce. Heat just to boiling. Spread over ribs in shallow pan and bake 20-30 minutes. They can also be done on the grill, basting frequently with sauce.

Mrs. Charles Oliver, II

MARINADE FOR PORK ROAST

Yield: ½ c.

Easy | Do ahead

Preparing: 10 min.
Marinating: 4 hrs.

3 tbs. sherry
2 tsp. salt
1 tsp. monosodium glutamate
4 tbs. soy sauce
3 tbs. brown sugar
½ tsp. nutmeg
1 clove garlic

Mix ingredients together and marinate pork roast for at least 4 hours in refrigerator. Cook roast for 40 minutes per pound at 325° without marinade. When roast is done, pour juices from roast into marinade, and heat together to make gravy. Recipe can easily be doubled depending on size of roast.

Mrs. William C. Currin

BARBECUED FRANKS

Serves: 6

Easy | Do ahead

Simmering: 15 min.
Baking: 30 min.

1 medium sized onion, chopped
3 tbs. salad oil
1 tbs. sugar
1 tsp. dry mustard
¼ tsp. salt
¼ tsp. pepper
1 tsp. paprika
½ c. ketchup
½ c. water
¼ c. vinegar
1 tbs. Worcestershire sauce
2 tsp. chili powder
12 frankfurters, uncooked

Lightly brown onions in oil. Add all other ingredients except franks and simmer 15 minutes. Put franks in shallow baking dish, pour sauce over them and bake, uncovered, for 30 minutes at 375°. Sauce can be made at least a day ahead and stored in the refrigerator until time to cook the franks. An easy dish to serve a crowd with baked beans and slaw.

Mrs. C. A. Kirkpatrick

SAUSAGE FONDUE

Serves: 6
Preparing: 15 min.
Baking: 40 min.

Easy Do ahead

1 lb. bulk sausage
6 slices bread
1 c. (¼ lb.) sharp cheddar cheese, grated
1 tsp. salt
½ tsp. dry mustard
½ tsp. M.S.G.
2 c. milk
4 eggs, slightly beaten

Sauté sausage until cooked. Drain. Remove crust from bread (or not if desired) and cut into ¼" cubes. Alternate layers of bread, cheese and sausage in a greased 2-quart casserole or baking dish. Combine seasonings; add milk stirring to blend well. Beat eggs slightly, combine with milk and pour over sausage mixture. Bake at 350° about 40 minutes. Serve immediately after cooking as it will fall. Can be completely prepared and refrigerated overnight and baked the next day. Is good cold the next day. Good for breakfast or brunch.

Mrs. Lawson P. Wynne

VEAL CUTLETS

Serves: 6-8
Preparing: 20 min.
Simmering: 5 min.
Baking: 40 min.

Easy Do ahead

6 veal cutlets
½ c. olive oil
salt and pepper
3 cloves garlic, minced
2 large onions
6 tomatoes, sliced
¼ tsp. ground cloves

Sauté cutlets in oil until brown. Salt and pepper them and put in a casserole. Sauté onion and garlic. Add tomatoes and crush. Add seasoning and simmer for 5 minutes. Pour over cutlets, cover and bake at 350° for 40 minutes.

Mrs. Charles Oliver, II

VEAL PARMIGIANA

Serves: 4

Average | Do ahead | Preparing: 30 min.

Baking: 20-25 min.

4 veal cutlets
flour
2 eggs beaten with 2 tbs. water
Old London toasted bread crumbs
½ lb. mozzarella cheese
1-8 oz. can tomato sauce or Hunt's Herb Sauce
Parmesan cheese
oregano

Have butcher tenderize veal cutlets or "beat" yourself to make paper thin. To be done ahead of time: Roll cutlets in flour; pat off excess. Dip in egg mixture and coat with crumbs. Pat crumbs into cutlets. Fry in oil ¼" deep until golden brown. Place cutlets in shallow pan. Slice the mozzarella and place over cutlets. To be done 30 minutes before serving: Mix tomato sauce and oregano in saucepan and bring to boil. Pour over cutlets. Sprinkle heavily with Parmesan. Bake at 350° for 20-25 minutes.

Mrs. O. Max Gardner, II

VEAL SCALLOPPINE

Serves: 4

Easy | Do ahead | Preparing: 30 min.

Baking: 20 min.

2 lbs. veal leg in thin slices
6 tbs. margarine
3 tomatoes, chopped
2/3 c. white wine
1 generous tsp. chopped basil

Dredge meat in seasoned flour and brown in margarine. Transfer to a warm casserole. To the margarine pan, add tomatoes, ½ cup wine and cook over high heat, stirring constantly until the moisture is evaporated. Add the basil and stir well. Add the rest of the wine and bring to a boil. Pour over meat and bake at 300° for 15-20 minutes.

Mrs. Charles Oliver, II

FILET OF VENISON

Serves: 2 or 4

Easy | Do ahead

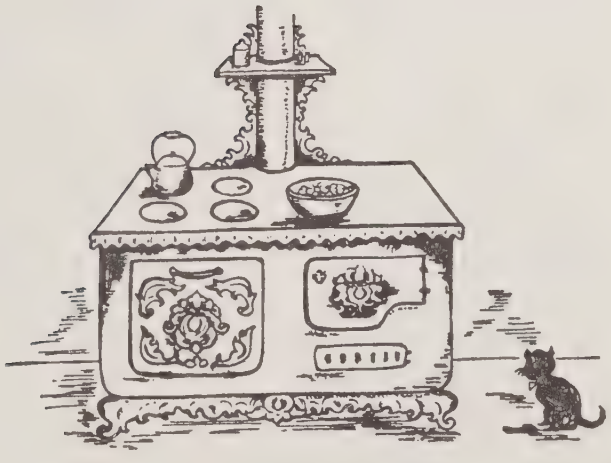
Preparing: 30 min.

Marinate: 24 hrs.

1 filet for 2 persons
2 filets for 4 persons
2 garlic cloves, crushed
Burgundy wine to cover
butter for browning

Cut filet into 1" cubes. Place in a bowl in which garlic has been crushed and left. Cover with burgundy and marinate 24 hours in refrigerator. Melt butter in hot frying pan. Sauté drained deer quickly to medium rare. Serve with a mustard sauce or with anything you would usually serve with steak.

Mrs. Ann Davis



NOTES

POULTRY

NEEDLEPOINT CHICKEN

Serves: 4-5

Easy | Do ahead

Preparing: 10 min.

Baking: 3 hrs.

whole frying chicken, 3 lbs.
1 tsp. oregano
1 small onion
½ stalk celery
1 pat butter

Trace design on canvas. While it is drying, preheat oven to 250°. Put oregano, onion and celery in body cavity of chicken. Place butter on breastbone and put in roasting pan and put chicken in oven. Sit down and stitch for 3 hours, when chicken will be done.

Mrs. Avis Gallagher

CHICKEN WITH ALMONDS (HUNG YEN GAI)

Serves: 4

Average | Serve immediately

Preparing: 20 min.

½ lb. white chicken meat (deboned breasts)
2 oz. bamboo shoots
2 oz. fresh water chestnuts (or canned)
1 oz. cucumber
1 egg white
1 tsp. sherry
pinch salt
4 tbs. peanut oil
2 oz. or more blanched almonds
pinch of sugar
2 tsp. soy sauce
1 tsp. cornstarch in 1 tbs. water

As with most Chinese cooking, if all the ingredients are measured and set out in the order listed the cooking itself will take only a few minutes. Dice the chicken meat, bamboo shoots, water chestnuts and cucumber. Add egg white, sherry, pinch of salt to the chicken and mix well. (This part of the recipe may be done in advance.) Heat the peanut oil in a pan, add almonds and fry quickly until lightly browned. Remove almonds and drain on paper towel. Fry chicken in the same pan and remove when cooked. Put bamboo shoots, water chestnuts and cucumber in the pan and stir-fry 2 minutes. Return the chicken to the pan adding a pinch of sugar and the soy sauce. Add the cornstarch paste and stir until mixture thickens. Add almonds, stir all together well and remove to a heated dish.

Mrs. Rachel R. Avery

BAKED CHICKEN IN BLUE CHEESE SAUCE

Serves: 8

Average | Do ahead

Preparing: 20 min.

Baking: 1½ hrs.

2 -3 lb. chickens, cut up
1 c. sour cream
¼ c. blue cheese
1 tbs. lemon juice
2 tbs. green pepper, minced
1 onion, chopped
¼ c. white wine
½ tsp. salt
4 shakes coarse black pepper
¼ tsp. paprika
¼ tsp. tumeric
⅛ tsp. tarragon leaves

Arrange lightly salted chicken pieces in a single layer in a baking pan. Combine remaining ingredients and cook over medium heat until well blended. Pour over chicken pieces and bake 1½ hours at 350°, basting occasionally. This chicken bakes with a nice glaze; it does not end up with a heavy cream gravy.

Mrs. Olin T. Mouzon

CHICKEN CASA LADERA

Serves: 8

Average | Do ahead

Preparing: 45-60 min.

Baking: 1 hr.

12 pieces chicken
½ lb. butter
2 onions
1 green pepper
5 scallions
2 cans chicken broth
1 c. sherry (dry)
1 c. dry white wine
1 tbs. flour
1 lb. chicken livers (optional)
8 large mushrooms (or more)
2 pkg. frozen artichoke hearts
1 can black olives (about 12)
3 c. rice
1 small jar pimentos, chopped
2 tsp. chives

Dredge chicken in flour, salt, pepper, paprika and brown in 1 stick butter. Add chopped onions, peppers and scallions and sauté 5 minutes. Put in large casserole with 1 cup each chicken broth, dry white wine, and sherry. Cover and bake 40 minutes at 325°. Mix in 1 tablespoon flour; bake 20 minutes more uncovered. Cook artichoke hearts and mushrooms in ½ stick butter until artichokes are tender. Add more butter if necessary. Mushrooms should be added later so that they don't overcook. Set aside. Brown chicken livers in remaining butter. Set aside. Cook 3 cups of rice in chicken broth, using chicken broth in the place of water. Spoon rice into center of large platter. Arrange chicken on top. Place artichokes, chicken livers and mushrooms on and around chicken. Garnish with olives and pimentos. Serve gravy separately. It is a Spanish-Mexican dish and is usually served with quacamole dip, Gaspacho, and Caesar salad.

Mrs. Walter Spearman

BAKED CHICKEN 'N ONIONS

Serves: 4-6

Easy | Do ahead | Preparing: 15 min.

Baking: 45 min. -1 hr.

1 -2½ lb. frying chicken, cut up in serving pieces
salt and pepper to taste
¼ c. butter or margarine
¼ tsp. paprika
2 medium onions, sliced
¼ tsp. garlic salt
¼ tsp. onion salt

Preheat oven to 350°. Arrange onions on bottom of casserole dish; dot with ½ amount of butter. Place seasoned chicken over onions and dot with remainder of butter. Sprinkle with paprika, garlic and onion salt. Let chicken cook until brown, basting very often with the sauce that is formed from the butter and onion mixture. When dish has finished cooking, the chicken may be removed and the sauce served over rice or potatoes.

Mrs. Carolyn Blount

GLAZED CHICKEN PIECES

Serves: 4

Easy | Serve immediately | Preparing: 10 min.

Baking: 1 hr.

1 -3 lb. chicken, cut up
4 tbs. (½ stick) butter
½ c. honey
¼ c. prepared mustard
1 tsp. salt
1 tsp. curry powder

Melt butter in shallow baking dish. Stir in honey, mustard, and seasonings. Roll chicken pieces in butter mixture to coat both sides; then arrange meaty side up, in single layer in same pan. Bake at 375° for 1 hour or until chicken is tender and richly glazed.

Mrs. Robert Andersen

CHICKEN EN CREME

Serves: 4

Easy | Do ahead | Freeze | Preparing: 10 min.

Baking: 2 hrs.

1 chicken, cut in quarters
1 can cream of chicken soup
½ can apple cider or apple juice
1 can mushrooms (3-4 oz.)
4 tsp. Worcestershire Sauce
¾ tsp. salt
1/3 c. onion, chopped
1 clove garlic, minced
paprika

Put chicken in buttered casserole dish. Combine all other ingredients except paprika and pour over chicken. Sprinkle with paprika. Bake 2 hours uncovered at 350°. Sprinkle more paprika on after 1 hour. The chicken is done in 1½ hours, but the extra ½ hour reduces the sauce.

Mrs. George Ham

CHICKEN CAPTAIN KANGAROO

Serves: 6-7

Average | Do ahead | Freeze

Preparing: 45 min.
Baking: 1 hr.

3 chicken breasts
6 chicken thighs
½ c. flour
1½ tsp. salt
½ c. cooking oil
1 onion, chopped
1 green pepper, chopped
1 clove garlic, minced
1 -8 oz. can tomato sauce
2 c. water
1 tsp. curry powder
¼ tsp. ginger
¼ tsp. tabasco
½ c. currants
½ tsp. salt
almonds or other nuts

The sauce may be prepared ahead of time. Flour and salt chicken and brown in oil. Remove chicken and add onion, pepper, garlic and cook 3 minutes. Blend in tomato sauce, water, currants and seasoning and mix well. Place the chicken pieces in the casserole dish and pour sauce over it. Cover and bake 1 hour at 325°. Serve over cooked rice and generously cover with nuts.

Mrs. Lex Mathews

COQ AU VIN

Serves: 8-16

Average | Do ahead | Freeze

Preparing: 1 hr.
Cooking: 50 min.

¼ lb. salt pork, cut up fine
2-4 chickens, cut up
½ lb. small yellow onions
½ lb. mushrooms
2 c. red wine
fresh parsley
small clove garlic
2-3 shallots or scallions
2 tbs. flour
½ bay leaf
½ tsp. thyme
salt and pepper to taste

Boil diced salt pork in about ½ cup water for approximately 5 minutes. Drain and fry slightly in a little butter. Set aside. Fry chicken until slightly brown in oil or margarine. Season with salt and pepper. Mix with salt pork in large skillet or Dutch oven. Add peeled onions (if uncooked) and mushrooms (if uncooked) cut up. Cover and cook gently 30-45 minutes. An hour before serving, crush garlic, mince shallots and cook with 2 tablespoons flour in small amount of butter briefly. Gradually add wine, stirring and letting it boil before adding more. Add bay leaf, thyme, and 1-2 tablespoons fresh parsley. Mix with chicken and pork. Boil gently until chicken is tender approximately 1 hour. Season with more salt and pepper if desired. This may be prepared ahead and kept heated until serving time, but do not add wine until shortly before guests may arrive and then let it cook gently. If there appears to be too much liquid, it can be reduced by boiling as it cooks with chicken.

Mrs. Gloria N. Blythe

EASTERN NORTH CAROLINA BARBECUED CHICKEN

Serves: 4-6
Easy Do ahead Freeze
Preparing: 15 min.
Baking: 1½ hrs.

1 -2½-3 lb. fryer or fryer parts
salt
1 tsp. sugar
1 c. vinegar
1 tsp. red pepper, crushed

Cut chicken in halves or quarters. Salt. Put in shallow baking pan, skin side down, one layer deep. Sprinkle with sugar and red pepper. Pour vinegar over all. Bake for about 1½ hours at 350°-400°. When chicken has browned lightly, turn skin side up and continue cooking until brown and tender. Good for low-fat diet if excess fat is removed before cooking.

Mrs. Walter Rabb

FILÉ GUMBO

Yield: 4 qts.
Average Do ahead
Preparing: 30 min.
Simmering: 1½ hrs.

¼-½ c. bacon drippings
¼ c. fat from chicken stock
½ c. flour
4 stalks celery, chopped
1½ large onions, chopped
1 small green pepper, chopped
1 garlic clove, chopped
1½ c. okra, sliced
1-1½ qts. chicken stock
¼ c. Worcestershire sauce
½ tbs. Tabasco
1 c. ketchup
1 -1 lb. can of tomatoes
2 tbs. salt
2 c. cooked chicken, cut into bite size pieces (3 lb. chicken)
1 lb. shrimp or ½ lb. crabmeat
1 small can mushrooms
1 -1 lb. can garden peas
⅛ c. filé

Make a *roux* of flour and drippings. Chop vegetables while roux is browning. Add vegetables to roux and cook until tender. In a 5 qt. saucepan or Dutch oven bring chicken stock, Worcestershire sauce, Tabasco, ketchup, tomatoes and salt to a boil. Add vegetables and simmer for 30 minutes. Add chicken and simmer for 30 more minutes. Add mushrooms and peas. Just before serving, sprinkle on filé powder. *Do not boil* gumbo after filé has been added. To serve, place ½ cup cooked rice in large soup bowl and pour serving of gumbo over it. Rice can be put into the gumbo but the above method is the traditional way to serve it. Good use for left-over chicken parts. May be made without filé.

Mrs. Sara Smith

SWISS CHICKEN-HAM BAKE

Serves: 6

Average Do ahead

Preparing: 15 min.
Baking 25 min.

½ c. onion, chopped
2 tbs. butter or margarine
1 can cream of mushroom soup
½ tsp. salt
¼ tsp. pepper
1 c. milk
2 tbs. sherry
2 c. cooked chicken or turkey, cubed
1 c. cooked ham, cubed
½ c. processed Swiss cheese, shredded
1½ c. soft bread crumbs
3 tbs. butter or margarine, melted

Cook onion in the 2 tablespoons butter or margarine until tender but not brown. Blend in soup, salt, pepper, milk and sherry; cook and stir until well mixed. Add chicken and ham. Pour into 1½ qt. casserole; top with cheese. Mix crumbs and the melted butter; sprinkle around edge of casserole. Bake at 400° for 25 minutes until lightly browned.

Mrs. Jill Meares

KING RANCH CHICKEN

Serves: 8-10

Easy Do ahead Freeze

Preparing: 30 min.
Baking: 30 min.

1 pkg. tortillas or Doritos
1 chicken, cooked, cut up, and deboned
1 large onion, chopped
1 large green pepper, chopped
1 can each cream of mushroom and cream of chicken soup
1 c. longhorn cheese, grated
1 can drained Ro-Tel tomatoes and green chilies
salt and garlic salt

Combine above in layers in large greased baking dish or casserole. Cook at 350° for about 30 minutes or until bubbly. You can make 2 or 3 and freeze them for large casual buffets. Serve with tossed green salad with avocado in it, hot tamales, Dorito chips, and beer to make it a true Mexican flavored meal.

Mrs. Dennis Selden

CHICKEN POT PIE

Serves: 8-10
Preparing: 45 min.
Baking: 45 min.

Average Do ahead Freeze

8 chicken breasts
1 pkg. frozen green peas
4 carrots
1½ sticks butter
½ c. mushrooms
2 hard-boiled eggs, sliced
chicken stock (2-3 c.)
2 tbs. flour
2 tsp. salt
1 tsp. fresh ground pepper
½ tsp. sage
½ tsp. thyme
1 recipe pie crust, top and bottom

Boil chicken breasts until tender, bone, and cut into bite-sized pieces. Cook vegetables. Place layer of chicken into bottom of pastry lined casserole. Add strained vegetables mixed with seasonings and eggs, and dot with butter. Add second layer of chicken pieces. In double boiler mix flour and enough stock to make light liquid. Pour over casserole almost to top layer of chicken. Top with pastry. Cut air holes. Bake in preheated 350° oven for about 45 minutes or until golden brown. The seasonings, particularly the sage, are important for the unusual taste of this pie.

Mrs. Jane May

TURKEY SPOONBREAD

Serves: 25
Baking: 45 min.

Easy Do ahead Freeze

1½ c. cornmeal
2 2/3 tbs. tapioca
1 tbs. salt
2 qts. turkey broth
½ c. butter
6 eggs
1½ qts. turkey, cooked, chopped

Combine cornmeal, tapioca, salt and turkey broth in top of double boiler and cook until thickened. Stir in butter and cool slightly. Beat egg yolks and blend into cornmeal mixture. Add chopped turkey. Beat egg whites until stiff and fold into turkey mixture. Bake at 375° for 45 minutes in a 20½" x 12½" x 2½" baking pan. Serve with turkey gravy.

Mr. W. D. Perry

CURRIED CHICKEN SALAD

Serves: 4-6

Easy | Do ahead

Preparing: 15 min.

Boiling: 45 min.-1 hr.

1 -5 lb. chicken
½ c. celery, diced
1 c. tart apple, diced
2 tsp. curry powder
1 c. mayonnaise
¼ c. light cream
1½ tsp. salt
1/3 c. slivered almonds

Boil chicken and remove the meat in large pieces. Add diced celery and apples and almonds. Blend mayonnaise, cream, curry and salt, and pour over chicken.

Mrs. Harriet Robson

CHICKEN SALAD HAWAIIAN

Serves: 4-6

Easy | Do ahead

Preparing: 20-30 min.

4 c. chicken cooked, diced
1 -20 oz. can pineapple chunks, well drained
1/3 c. mayonnaise
2 tbs. pineapple juice
1 c. chow mein noodles
20 leaves Romaine lettuce

Ahead of time dice cooked chicken and add pineapple; prepare and crisp lettuce; thin mayonnaise with pineapple juice, but do not add yet. *Immediately* before serving toss above mixture with mayonnaise and noodles. Noodles should be crisp when served. Serve on Romaine lettuce with rye crisp for lunch with hot tea and a Moravian cookie.

Mrs. Eldora Brummet

CHICKEN LIVERS IN MADEIRA

Serves: 4

Easy | Serve immediately

Preparing: 10 min.

Simmering: 10 min.

1 onion, chopped
½ stick butter
1½ lbs. chicken livers
1 tbs. flour
1 c. chicken broth
½ c. Madeira
salt and pepper to taste

Sauté chopped onion in ½ stick butter until golden. Dust 1½ lbs. chicken livers in flour and sauté 3-4 minutes until brown. Remove. Stir 1 tablespoon flour into pan drippings, add 1 cup chicken broth, ½ cup Madeira, stirring until thickened. Season with salt and pepper. Cook with livers an additional 10 minutes. Serve over rice.

Mrs. John Harrison

ROAST ROCK CORNISH GAME HENS

Serves: 6

Easy | Do ahead

Preparing: 15 min.
Chilling: 1 hr.
Baking: 1 hr.

6 Cornish hens, thawed
¾ c. butter or margarine
¾ c. dry white wine
3 tbs. dried tarragon
6 peeled cloves of garlic
salt and pepper
garlic salt

In each hen, place 1 clove of garlic, 1 teaspoon tarragon, ¼ teaspoon salt and ⅛ teaspoon pepper. Sprinkle outside liberally with garlic salt. Refrigerate for at least one hour. In saucepan, melt butter, add wine and 1 tablespoon tarragon. Roast hens in large shallow open pan for about 1 hour at 400°-425°, basting with sauce. Good served with wild rice.

Mrs. Genie Bowen

SAUTÉED DOVES

Serves: 2-6

Easy | Do ahead

Preparing: 10 min.
Simmering: 35 min.

6-12 doves, split or breasts only
½ c. butter
1 c. dry white wine
¼ c. onion, minced
¼ c. celery leaves, minced
salt to taste
½ tsp. tarragon (optional)

Sauté doves in butter 5 minutes or until lightly browned. Add wine, onion, celery leaves and salt. Cover and simmer until tender, about 20 minutes. Add tarragon and simmer for 15 minutes. Serve rice with the doves with pan juices as gravy.

Mrs. Marvin E. Chapin

WILD RABBIT

Serves: 2-4

Easy | Do ahead

Baking: 1 hr.

1-2 rabbits, cut in serving pieces
½-1 c. butter
2 tbs. prepared horseradish
½-1 c. water
salt and pepper to taste

Sauté rabbit pieces in butter until nicely browned. Remove pieces to large casserole. Add horseradish, water, salt and pepper to butter in frying pan, loosening browned particles. Pour over rabbit in casserole and cover tightly. Bake 1 hour at 350°. Serve rice with the rabbit with pan juices as gravy.

Mrs. Marvin E. Chapin

QUAIL

Serves: 3-5

Easy | Do ahead | Preparing: 15 min.

Baking: 1 hr.

6-10 quail
¼ c. butter or margarine
1 can cream of chicken soup
¾ c. sauterne
5 oz. can water chestnuts, drained and sliced
1 tsp. crushed thyme
¼ c. slivered almonds

Salt and pepper quail and brown in melted butter until golden. Remove quail and add soup to drippings. Bring to a boil while stirring. Add remaining ingredients and stir a minute. Place quail in casserole and cover with gravy. Bake tightly covered for 30 minutes at 350°. Bake uncovered for 30 minutes at 350°. May also be cooked on top of stove. Fry birds for 20-30 minutes then simmer for 15 minutes.

Mrs. Ann Davis

HUNTER'S STEW

Serves: 5-6

Average | Do ahead | Preparing: 20 min.

Baking: 1½ hrs.

10-12 doves
2 tbs. butter
1 large onion, chopped fine
thin slice of ham
2 tbs. flour
1 can chicken consommé or chicken broth
1 clove garlic
2 bay leaves
¼ tsp. dried thyme
1 small can mushrooms, sliced and drained or ½ lb. fresh mushrooms
1 lemon
1 c. claret or sauterne
salt and pepper

Salt and pepper doves and brown until golden in melted butter. Remove doves. Add to the drippings chopped onion, chopped ham, crushed garlic clove, thyme, and bay leaves. Simmer several minutes. Add flour and brown. Add wine and simmer 10 minutes. Add consommé and enough water to make 1 qt. of liquid. Add doves, mushrooms, grated rind of lemon. Cook gently for 1 hour. Season to taste. Cook 20 more minutes. Simmer very low almost indefinitely. May also be cooked in oven for 1½ hours. 2 or 3 doves should serve one person.

Mrs. Ann Davis

ALMOND CRANBERRY SAUCE

Easy | Do ahead | Preparing: 45 min.
Chilling: 2-3 hrs.

36 almonds
2 c. sugar
1 c. cold water
1 lb. cranberries
7 tbs. apricot jam
juice of 2 lemons

Blanch almonds, let them dry, and then split them in half. In a saucepan combine sugar and water, and bring to a boil without stirring. Cook for 5 minutes. Add cranberries. Cook until transparent (about 5 minutes). Remove from heat and add apricot jam. Stir the mixture well and add the lemon juice, strained. Chill sauce and add the almonds. Pour sauce into a crystal bowl and chill thoroughly. This recipe is wonderful with turkey.

Mrs. L. L. Vine

BLENDER BARBECUE SAUCE

Yield: 3 c.

Easy | Do ahead | Preparing: 5 min.
Cooking: 30 min.

¾ c. ketchup
½ c. oil
¾ c. onion, chopped
¾ c. water
¼ c. wine vinegar
3 tbs. brown sugar
2 tsp. mustard
2 tsp. salt
½ tsp. chili powder
½ tsp. pepper
large garlic bud

Mix all ingredients in blender at high speed until finely chopped and well blended. Simmer 30 minutes. Marinate chicken pieces in sauce 4-6 hours, use sauce to baste while broiling on grill, or baking in oven.

Mrs. Charles Holloway

COOKED DRESSING FOR CHICKEN SALAD

Average | Do ahead | Preparing: 30 min.
Chilling: several hours

1 tsp. salt
1 tsp. prepared mustard
3 tsp. sugar
2 tbs. vinegar
2 tbs. butter, melted
2 tbs. cream or sweet milk
2 eggs, beaten separately

Mix salt, mustard, sugar, and yolks (well beaten) in top of double boiler. Add slowly the cream; then gradually the vinegar. Add very slowly the melted butter or it will curdle. Cook over boiling water, stirring constantly until it thickens. Add egg whites beaten stiff. Set aside to cool. Mix with chicken and chill.

Mrs. William S. Joyner

EVA'S BARBEQUE SAUCE FOR CHICKEN

Yield: enough for 1 chicken

Average Do ahead Freeze Preparing: 30 min.
Simmering: 30 min.

1 medium onion, chopped
1 clove garlic, minced
3 tbs. oil
3 tbs. soy sauce or Worcestershire sauce
1 c. water
1 red pepper
2 tbs. vinegar
⅛ tsp. paprika
½ tsp. cumin
⅛ tsp. saffron
2-4 tbs. brown sugar
1 c. ketchup
1 tsp. prepared mustard
½ c. celery, chopped
½ tsp. salt
¼ c. lemon juice

Sauté onion and garlic in oil until golden. Add remaining ingredients except lemon juice. Simmer for about ½ hour or until slightly thickened. Add lemon juice and remove from heat. Can be easily multiplied and either canned or frozen for future use.

Mrs. Alexander Kaplan

NIPPANESE SAUCE FOR DUCKLING

Yield: sauce for 2 ducks

Average Serve immediately Preparing: 20 min.
Simmering: 10-15 min.

½ c. maple syrup
1½ tbs. cornstarch
2 tbs. lemon juice
3 tbs. concentrated orange juice
1 tbs. lemon rind (optional)
1 tbs. orange rind (optional)
2 tbs. butter
2 firm bananas, sliced
1 can crushed pineapple, packed in juice

Drain pineapple. Combine juice from pineapple with maple syrup, cornstarch, lemon and orange juices and rinds in a 2 or 2½ qt. saucepan. Stir until smooth. Bring to a boil over medium heat, stirring constantly. Boil gently until thickened. Add butter, oranges, bananas and pineapple. Again bring to a boil. Then reduce heat and simmer 2 minutes. Pour over cooked ducklings. Flambé duck by adding 3 tablespoons warm cognac or brandy and lighting. Sauce may be reheated but the fruits tend to get soggy. It is best served immediately.

Mrs. Joseph C. Michalowicz

VEGETABLES

ASPARAGUS CASSEROLE

Serves: 6-8
Preparing: 30 min.
Baking: 25 min.

Average Do ahead

2 -12 oz. cans asparagus spears (save liquid)
¼ lb. sharp cheese, cubed
4 hard-cooked eggs, sliced
½ c. slivered almonds
1 c. cracker crumbs (Saltine or Ritz)
¾ c. milk
½ stick butter or margarine
4 tbs. flour
½ tsp. Worcestershire sauce
salt and pepper to taste

Butter a 1½ qt. casserole and put in layers of asparagus, eggs, almonds and cheese. Make cream sauce by melting butter and adding flour to make a smooth paste. Add 1 cup of the asparagus liquid, milk, salt and pepper. Cook until thickened. Add Worcestershire sauce. Pour over other ingredients and cover with crumbs. Bake at 350° for 25 minutes.

Mrs. B. L. Ward

BEAN CASSEROLE

Serves: 6-8
Preparing: 20 min.
Baking: 20 min.

Easy Do ahead

2 pkg. French green beans, frozen
2 tbs. butter
2 tbs. flour
1 tsp. salt
¼ tsp. pepper
1 tbs. sugar
½ tsp. onion, grated
1 pt. commercial sour cream
½ lb. Swiss cheese, grated
2 individual pkg. corn flakes
2 tbs. butter, melted

Cook beans as directed on package and drain. Combine butter, flour, salt, pepper, sugar, onion, and sour cream in saucepan. Cook, and stir until thick. Combine beans with sauce and pour into buttered casserole. Cover with grated cheese. Crush cornflakes; add melted butter; and sprinkle over casserole. Bake 20 minutes at 400°.

Mrs. J. D. Phillips, Jr.

GREEN BEANS PARISIENNE

Serves: 8

Average | Do ahead | Preparing: 30 min.

3 pkg. frozen whole green beans (or 3 cans)
1 c. celery, thinly sliced
4 tbs. (½ stick) butter or margarine
¼ c. water
1 tsp. salt
1 small can mushroom pieces, drained

Combine green beans (already cooked according to package directions and drained), celery, butter, water, and salt in a medium-sized frying pan. Heat to boiling, then cover. This much may be done ahead. Cook 8 minutes; add mushrooms. Cook 2-3 minutes longer, or just until celery is tender. Spoon into a heated serving bowl; drizzle butter sauce from pan over top.

Mrs. Ronald W. Mann

LIMA BEAN CASSEROLE

Serves: 8-10

Easy | Do ahead | Freeze | Preparing: 30 min. | Baking: 1 hr. 30 min.

1 qt. lima beans, cooked
1 c. celery, diced
1 small green pepper
¼ c. pimento
½ c. brown sugar
2 small onions, sliced
1½ c. tomatoes
1 tbs. flour
½ tsp. salt
dash pepper

Cook lima beans. Combine all ingredients and place in 2 qt. casserole. Bake for 1½ hours at 350°. Good served with ham.

Mrs. Leonard W. Strobel

LIMA BEANS IN LIMA SAUCE

Serves: 6

Easy | Do ahead | Preparing: 10 min.

2 pkg. frozen baby Lima beans
2/3 c. chicken stock
1/3 stick butter
1 tsp. Accent
1 tsp. celery seed
pinch of sugar
¼ tsp. salt, unless broth is very salty
pepper
2 tbs. parsley, chopped
½ c. cream

May be prepared ahead, but same afternoon of meal. Put limas in pot with chicken stock, butter, Accent, celery seed and seasonings and cook until tender. Save liquid from beans. Put in blender ¼ of the beans and a bit of the liquid and cream. Blend and add more liquid if needed to make a sauce for the beans. Taste for seasoning and pour puree over remaining beans. Sprinkle with parsley.

Mrs. Kay Kyser

BROCCOLI AU GRATIN

Serves: 6-8

Easy Do ahead

Preparing: 15 min.

Baking: 30 min.

6 tbs. flour
6 tbs. butter
½-1 tsp. dry mustard
freshly ground pepper and salt to taste
2½ c. milk
¾ c. cheddar cheese, shredded
1 large bunch broccoli, cooked and coarsely chopped
¼ c. grated Parmesan cheese

Cook broccoli but not completely. Melt butter and stir in flour. When blended, stir in mustard and milk. Cook until thickened. Season to taste with salt and pepper. Remove from heat and stir in cheddar cheese. Add broccoli and pour mixture into greased casserole. Sprinkle Parmesan cheese on top. Bake at 350° for 30 minutes.

Mrs. Sara Smith

BROCCOLI CASSEROLE

Serves: 12

Easy Do ahead

Preparing: 20 min.

Baking: 20-30 min.

3 pkg. frozen broccoli
2 cans condensed chicken soup
½ c. mayonnaise
1 pkg. Pepperidge Farm corn-bread stuffing (unseasoned)
1 stick butter or margarine
1 pkg. slivered almonds

Cook broccoli as directed on package and drain. Lay spears in 8" x 12" or approximate size baking dish and cut them crosswise. Mix soup and mayonnaise and pour over broccoli. Sauté stuffing in butter until all crumbs are coated. Sprinkle over broccoli and soup mixture. Sprinkle almonds over the top and bake at 350-375° until brown and bubbling, about 20-30 minutes.

Mrs. Joan Page

BROCCOLI-CHEESE CASSEROLE

Serves: 8-10

Average Do ahead Freeze

Preparing: 20 min.

Baking: 30 min.

1 c. celery, chopped
1 large onion, chopped
1 stick margarine or butter
1 c. rice, cooked
2 pkg. cooked and drained coarsely chopped broccoli
1 -8 oz. jar Cheese Whiz
1 can cream of chicken or mushroom soup

Sauté celery and onion in oleo or butter; then mix in large bowl with the cooked rice, the cooked and drained broccoli, Cheese Whiz and soup. Pour into large pyrex baking dish, about 10" x 10", and bake at 350° for 30 minutes. This goes well with roast beef.

Mrs. Wendy Maxwell

CELERY CABBAGE

Serves: 4-6

Easy | Serve immediately | Preparing: 5-10 min.

1 lb. celery cabbage (cut in 1½" pieces)
½ c. chicken broth
1 tsp. cornstarch
1 tsp. soy sauce

Heat skillet, add oil and heat thoroughly. Add dry celery cabbage and fry for 3 minutes. Add thickening (chicken broth, cornstarch, and soy sauce) and fry for 2 minutes. This recipe may be served with a Chinese dinner. As is, use as a vegetable. Add extra chicken broth and may be used as a soup. It may be used as a first course if you add leftover slivered roast.

Mrs. Coolie Cart Monroe

POTTED RED CABBAGE

Serves: 6-8

Average | Do ahead | Freeze | Preparing: 30 min.
Simmering: 1 hr.

1 red cabbage
2 tbs. bacon fat or drippings
1 medium onion
2 green apples
1 tbs. lemon juice
1 tbs. sugar
salt and pepper to taste

Cut cabbage into small pieces. Place the bacon fat into a pot. Chop the onion into small pieces and sauté in fat. Add the cabbage and cook, covered, for 30 minutes without water. Add cut up apples and lemon juice and sugar. Salt and pepper to taste. Allow to cook for 30 minutes more, turning occasionally with a spoon. Good with wild game and roast beef.

Mrs. Alan Kocan

HERB CARROTS

Serves: 4

Easy | Do ahead | Preparing: 10 min.
Cooking: 15-20 min.

3 c. carrots, sliced
¾ c. celery, sliced
1 small onion, minced
2 tbs. butter
2 tsp. lemon juice
⅛ tsp. rosemary
salt and pepper

Cook carrots in small amount of boiling water until tender. Drain and set aside. Sauté minced onion and sliced celery in butter until tender. Add drained carrots, lemon juice, rosemary and salt and pepper to taste. Stir and cook until heated.

Mrs. Verla Insko

MARINATED CARROTS

Serves: 4-6

Easy Do ahead

Preparing: 25 min.

Marinating: 12-24 hrs.

2 lbs. carrots
1 medium sized onion
½ green pepper
½ c. vegetable oil
½ c. sugar
½ c. vinegar
1 can tomato soup

Clean and cut carrots in thin lengthwise strips. Boil in salted water 10 minutes only. Drain well. Chop onion and pepper in fine pieces. Boil the oil, sugar, vinegar, and soup for approximately 5 minutes. Put a layer of carrots in dish and sprinkle some of the onion and pepper on this. Continue the layering process, ending with carrots on top. Pour hot liquid mixture over the carrots and allow to marinate overnight. It may be heated or served cold. It may be kept for several days.

Mrs. Eleanor George

GRITS AND CHEDDAR CHEESE SOUFFLÉ

Serves: 4-6

Average Do ahead

Preparing: 20 min.

Baking: 30 min.

2 pieces bacon
1 onion, finely chopped
1 green pepper, chopped
2 c. water
½ tsp. salt
½ c. quick (instant) grits
1 tsp. Tabasco
freshly ground black pepper
1¾ c. cheddar cheese, grated
3 tbs. soft butter
2 egg whites at room temperature
1 lb. sausage (optional)

A couple of hours before serving, fry bacon in skillet until crisp. Brown onion and green pepper in bacon grease; drain on paper towels. Crumble bacon. Bring 2 cups water to a boil in a 1-qt. pan. Add salt and slowly pour in the grits without allowing water to stop boiling. Boil 1 minute, stirring constantly. Reduce heat to medium and cook another 2 minutes. Scrape grits into a 1½-2 qt. greased casserole and add cooked bacon, onion and green pepper. Add Tabasco and black pepper (lightly) and mix in 1½ cup of the cheese. About 40-45 minutes before serving, add the butter to grits mixture. Beat egg whites until stiff and fold them into the mixture. Sprinkle top with remaining cheese. In a 400° preheated oven, bake in middle of oven for 30 minutes or until mixture has puffed and browned. Serve at once. This can be turned into an economical main dish by adding sausage, cooked with the onions and pepper. Everything including addition of egg whites may be done hours ahead and kept in the refrigerator until ready to bake. Bake longer if you do this, and don't expect the soufflé to rise as high.

Mrs. Helen Ramsey

CORN PUDDING

Serves: 4-6

Easy | Do ahead | Preparing: 20 min.

Baking: 1 hr.

1 can creamed corn
2 tbs. flour
2 tsp. sugar
pepper to taste
1 tsp. salt
½ stick butter
2 eggs, well-beaten
¾ c. milk
green pepper
pimento

Grease 1½-2 qt. casserole well. Combine corn, flour, sugar, salt, pepper, green pepper and pimento. This part can be done ahead. When ready to bake, combine with beaten eggs and milk and melted butter. Bake 1 hour at 350°, stirring from the bottom 2 or 3 times in the early part of baking.

Mrs. Charles Oliver, II

GRATED SWEET POTATO PUDDING

Serves: 6

Easy | Do ahead | Baking: 1 hr.

3 eggs, well beaten
2 c. milk
¼ c. butter, melted
½ c. sugar
½ c. honey or molasses
1 tsp. each nutmeg, cinnamon, soda
4 c. grated raw sweet potatoes

Blend together and cook in greased baking dish at 350° for 1 hour. Serve warm as a vegetable, or with sauce for dessert.

Mrs. Vermont Royster

POTATOES KUGEL

Serves: 4

Average | Serve immediately | Preparing: 20 min.

Baking: 1 hr.

4 medium-size potatoes, Idaho if possible
2 medium onions
3 eggs
chicken fat, rendered
salt and pepper to taste

Grate 1 potato and half an onion together. Immediately break an egg and mix with potato and onion. Repeat for rest of potatoes, leaving mixture in a bowl until complete. (It is necessary to work in this manner, instead of grating all the potatoes at once, because the potatoes will turn black.) Add at least 3 tablespoons rendered chicken fat to mixture. Grease a long flat casserole with fat, place potato mixture in the casserole and bake in preheated 375° oven at least 1 hour, until brown on top and the fat is bubbling.

Mrs. John Harrison

FRESH MUSHROOM CASSEROLE

Serves: 8-10
Preparing: 45 min.
Chilling: 12-24 hrs.
Baking: 1 hr.

Average Do ahead

1 lb. fresh mushrooms
8 slices of bread, thin sliced
½ c. onion, chopped
½ c. celery, chopped
½ c. green pepper, chopped
½ c. mayonnaise
¾ tsp. salt
¼ tsp. pepper
1½ c. milk
1 can cream of mushroom soup
2 eggs
butter or margarine

Wash mushrooms, coarsely slice, then sauté in 2 tablespoons butter, stirring continually for 5 minutes. Butter 3 slices bread, cut in 1" cubes and place in bottom of 2-qt. casserole. Add mushrooms which have been mixed with celery, onions, green pepper, mayonnaise, salt, and pepper. Now butter 3 more slices of bread and cut in 1" squares. Put on top of mushroom mixture. Pour over all 2 eggs, slightly beaten with 1½ cups of milk. On top spread 1 can of undiluted mushroom soup and 2 more slices of buttered bread, sliced smaller into ½" squares. Cover and refrigerate for several hours or overnight. Bake at 325° for 50-60 minutes. During last 10 minutes, sprinkle with 1 cup of grated cheddar cheese.

Mrs. Harold Langenderfer

ARMENIAN RICE

Serves: 12
Preparing: 15-20 min.
Baking: 2½ hrs.

Easy Do ahead

3 medium onions, finely chopped
2 c. Uncle Ben's Rice
¼ lb. butter
4 slices bacon, cooked, drained and crumbled
3 tbs. soy sauce
1 pkg. slivered almonds
1 medium can mushrooms, drained
dash garlic salt
3 cans bouillon
3 cans consommé

In a large casserole brown onions and rice in butter. Cook bacon, crumble and add it and remaining ingredients to rice. Add 1½ cans bouillon and 1½ cans consommé. Bake at 350° for 2½ hours. Add remaining liquid after 1st hour. Excellent with Shish-Kabob. (See meat section.)

Mrs. Mary Jane Sevier

PERSIAN RICE

Serves: 8

Easy | Serve immediately | Preparing: 20 min.

4 c. dry rice (hot), cooked
¼ c. butter
1 clove garlic, finely minced (or through press)
¼ c. slivered almonds, toasted
½ c. dried currants, plumped in hot water
dash of cinnamon to taste
salt to taste

Cook rice and toss together with remaining ingredients. Good with lamb or veal, especially with Blanquette of Lamb. (See meat section.)

Mrs. Lara Hoggard

RICE CASSEROLE

Serves: 5-6

Easy | Do ahead | Freeze | Preparing: 10 min. | Baking: 40 min.

1 c. long grain rice
1 tsp. onion, minced
½ tsp. thyme
½ tsp. marjoram
½ tsp. rosemary
½ tsp. salt
2-3 tbs. margarine or butter
1½ c. chicken broth

Put rice, onion, herbs and salt in a 1-qt. casserole. Heat broth with butter to boiling. Pour over rice mixture, stir, cover and cook about 40 minutes at 350-400°. When ready to serve, stir lightly with a fork. This is good with a can of mushrooms added before cooking. Broth may be made with 2 chicken bouillon cubes and 1½ cup water. Good to serve with barbequed chicken as it may be cooked at the same time. If this is warmed over, add just a little water and reheat.

Mrs. Walter Rabb

SPANISH RICE

Serves: 6

Easy | Do ahead | Preparing: 15-20 min.

1 c. uncooked rice
1 c. onion, chopped
½ c. green pepper, chopped
2 tbs. olive oil (vegetable oil is okay)
2 c. canned tomatoes, undrained
2 tbs. vinegar
salt and pepper (be generous with pepper)

Sauté rice, onion, green pepper in olive oil until rice is golden brown. Add tomatoes, vinegar, seasonings, and cook until rice is done. (Do all this in a good heavy skillet.) Transfer to 2-qt. buttered casserole after rice is cooked. Sprinkle top with grated cheese, cheddar or Provolone and bake at 400° until bubbly and brown. Should be served immediately, but may be prepared a little ahead and kept warm in oven.

Mrs. George W. Douglas

SQUASH CASSEROLE

Serves: 6-8
Preparing: 30-40 min.
Baking: 30 min.

Easy Do ahead

1½ lb. squash
1 very large carrot, coarsely grated
1 medium purple onion, finely chopped (can be in rings)
1 pkg. slivered almonds (optional)
1 can undiluted cream of chicken soup
1 -8 oz. container sour cream
salt and pepper
Parmesan cheese

Slice and steam squash until just tender; arrange in greased casserole. Mix the other ingredients except the cheese and pour over the squash. Sprinkle with cheese. If refrigerated, allow to come to room temperature before baking at 200°-300° for 30 minutes. Garnish with chopped parsley.

Mrs. Ida Friday

SQUASH CASSEROLE (VARIATION #1)

1 Recipe above
½ bag Pepperidge Farm Herbed Stuffing

Mix stuffing with melted margarine or butter. Place ¾ of stuffing mixture in bottom of 2½ qt. well-buttered casserole. Fill with squash mixture (see above). Put remaining crumb (or stuffing) mixture on top.

Mrs. Charles W. Etheridge

SQUASH CASSEROLE (VARIATION #2)

1½ lbs. fresh squash
½ lb. sharp cheddar cheese, grated
¼ c. mayonnaise
½ c. slivered almonds
1 beaten egg
½ tsp. salt
¼ tsp. pepper
bread crumbs, parsley, or paprika, if desired

Wash squash and cut in large pieces; cook just until tender in very small amount of water. Drain and add all other ingredients and mix lightly. Bake in buttered casserole dish. Cover with flavored bread crumbs and/or paprika or parsley flakes for color. Bake at 350° for 20-30 minutes.

Mrs. Judy Mathews

ZUCCHINI DELUXE

Serves: 6-12

Average Do ahead

Preparing: 20-25 min.

Baking: 25-30 min.

6 large zucchini
1 c. fresh bread crumbs
¼ c. onion, chopped
1 medium tomato, chopped
½ tsp. salt
¼ c. milk
¼ tsp. pepper
2 tbs. margarine, melted
½ lb. Velveeta Process cheese, cubed
6 slices crisply cooked bacon, crumbled

Trim ends of zucchini. Cook, covered, in boiling salted water 5-8 minutes. Drain. Cut in half lengthwise. Scoop out center of each; chop center. Combine chopped zucchini, bread crumbs, onion, tomato, seasonings and margarine; toss lightly. Fill each shell; place in shallow baking dish. Top with bacon. Heat cheese and milk in saucepan over low heat, stirring until sauce is smooth. Pour over all. Bake at 350°, 25-30 minutes.

Mrs. John Harrison

RATATOUILLE

Serves: 4

Average Do ahead

Preparing: 30-40 min.

2 c. zucchini, sliced or cubed
1½ c. onions, sliced
1 medium eggplant, peeled and cubed
½ c. green pepper, cubed
2 c. peeled, seeded and juiced tomatoes, roughly chopped
olive oil
3 garlic cloves, finely chopped
1 bay leaf
½ tsp. basil
½ tsp. caraway seed
½ tsp. cumin
Lowrey's seasoned salt and freshly ground pepper to taste

Sauté, one at a time, each vegetable in a little olive oil until each is golden, but not browned. As each vegetable is done, transfer to a baking dish. When the last vegetable has been sautéed, bring all vegetables to a simmer on top of stove. If there is too much oil at this point pour some off. Add spices and simmer for ½ hour, stirring occasionally. Serve hot or cold. Is best made a day before serving. May be stored for several days in refrigerator.

Mrs. Robert Andersen

SPINACH ON ARTICHOKE BOTTOMS HOLLANDAISE

Serves: 6

Average | Do ahead | Preparing: 20 min.

Baking: 15-20 min.

2 -10 oz. pkg. frozen spinach
½ lb. fresh mushrooms
6 tbs. butter
1 tbs. flour
½ c. milk
½ tsp. salt
⅛ tsp. garlic powder
1 #2 can artichoke bottoms

Cook spinach and drain thoroughly. Reserve 1 mushroom cap per artichoke bottom and sauté caps in 2 tablespoons butter. Chop remaining caps with stems and sauté separately in 2 tablespoons butter. To make cream sauce melt 2 tablespoons butter in saucepan; add flour. Add milk, stirring constantly until smooth. Add seasonings, then the chopped mushrooms and spinach. Drain artichoke bottoms and cover with mound of the creamed spinach, then with a generous spoonful of Sour Cream Hollandaise. Top with a whole mushroom. This dish may be prepared in advance and heated in oven at last minute. Heat at 375° for 15 minutes or until hot.

SOUR CREAM HOLLANDAISE

1 c. sour cream
1 c. mayonnaise
¼ c. lemon juice

Combine ingredients, blend thoroughly, and heat slowly.

Mrs. Robert S. Headen

SPINACH CASSEROLE

Serves: 6

Easy | Do ahead | Preparing: 15 min.

Baking: 20 min.

2 pkg. frozen chopped spinach
1 can mushroom soup
2 eggs, beaten
1 c. sharp cheese, grated
Pepperidge Farm Stuffing (about 1 c.)

Cook spinach in small amount of water until almost dry. Cool. Mix all ingredients except stuffing together. Put in buttered casserole. Top with crumbs. Bake at 350° for 20 minutes or until firm.

Mrs. Emery B. Denny, Jr.

VEGETABLE PILAU

Serves: 10

Average | Serve immediately | Preparing: 10 min.
Simmering: 20 min.

1½ c. rice
4 carrots, peeled and sliced
2 large onions, sliced
½ stick (4 tbs.) margarine
½ c. raisins
2 tsp. salt
3 bay leaves
1 c. frozen green peas
6 c. boiling water
½-1 c. peanuts or cashews (optional)

Sauté onions and carrots in margarine until onions begin to be tender (300° in electric skillet, medium heat on stove). This may be prepared ahead. Add rice and stir until rice is mixed well with margarine and vegetables. Add hot water, raisins, salt, and bay leaves. Cover, bring to boil and lower heat to simmer (225° in electric skillet) until rice is done. Add peas, mix lightly, and cook 2-3 more minutes. Excellent as a vegetarian main dish if you add peanuts or cashews at end of cooking time and toss gently to mix. Good with ham or roast beef.

Mrs. Mary Helen Hayman

MORNAY SAUCE

Yield: 1½ qts.

Average | Do ahead | Preparing: 20 min.

¼ lb. butter or margarine
1 c. flour
4 c. milk
1 can beer
2 lbs. Velveeta cheese

Melt butter. Add flour and cook until bubbly. Add milk and cook until smooth—boil 1 minute. Cut cheese into small chunks and beat into cream sauce—an electric beater on medium speed is best—for a minimum of 15 minutes. Add beer a little at a time. When made ahead, beat again before use. Good over vegetables, especially broccoli and asparagus, cauliflower, fowl, fish or meat. A good basic sauce.

Mrs. O. Max Gardner, III

GRILLED FRUITS AND VEGETABLES

Serves: any number

CORN ROASTED IN HUSKS

Select 2 ears of corn per person. Pull back husks and remove all silk, but don't remove husks. Replace husks and tie ends with string. Soak corn in cold water to cover for 30 minutes. Remove from water; place on grill over hot coals; turn several times on grill. Cook for 15 minutes or longer if fire isn't really hot, but not too long or else corn will toughen.

EGGPLANT IN FOIL

1 small eggplant per person, or medium size eggplant for 2 people. Wash eggplant well. Cut off stem and split lengthwise. Arrange each half on a square of heavy duty foil. Add ¼ teaspoon chopped garlic, 1 slice onion, 4 cherry tomatoes or 1 large tomato cut into wedges. Season with salt and pepper to taste and add 1 tablespoon olive oil, ¼ teaspoon thyme and 1 slice lemon to each foil square. Wrap packages securely, put on grill, turning occasionally for about 25 minutes.

SLICED ONIONS IN FOIL

For each serving use 1 large onion (Spanish onions or large white onions). Slice the onion into thick slices and put on aluminum foil square. Add 1 tablespoon butter, ½ teaspoon salt, ¼ teaspoon pepper, 2 tablespoon Parmesan or grated Cheddar cheese. Fold packages securely and cook on grill 1 hour.

GRILLED BANANAS DESSERT

Put whole unpeeled bananas on grill until skins turn black, turning frequently. Serve bananas hot; slit the skin lengthwise and put brown sugar, butter and rum, brandy or other suitable liquor on each banana to taste.

GRILLED ORANGE SLICES

Use navel oranges if available; Cut oranges into slices 1" thick and dip slices into melted butter. Arrange on grill and turn frequently over hot coals until heated through. Sprinkle with brown sugar just before serving. Serve as dessert with grilled bananas, or as meat accompaniment, especially barbecued chicken or turkey.

Mrs. Barbara Douglas

BAKED CURRIED FRUIT

Serves: 10

Easy | Do ahead

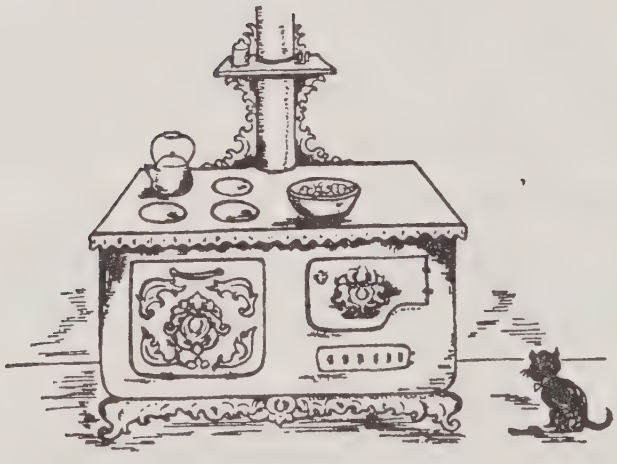
Preparing: 15-20 min.

Baking: 1 hr.

1 large can peaches (sliced or halved, as desired)
1 large can pears
1 large can pineapple chunks or slices
1 jar apple rings or 1 -8 oz. bottle maraschino cherries
¾ c. brown sugar
4 tbs. margarine
4 tsp. curry powder
1 can slivered almonds (optional)

Drain all juice from fruit and dry on paper towels. Butter shallow pan and dust with flour. Place fruit in pan in layers. Melt butter and add sugar and curry powder. Blend. Spread over top of fruit. Bake at 325° for 1 hour. Add almonds shortly before end of baking time. May be prepared ahead and baked just before serving.

Mrs. Betsy Bryan



SALADS

BEAN SALAD

Serves: 8

Easy | Do ahead | Preparing: 30 min.

Marinating: 24 hrs.

1 can (1 lb.) French style green beans, drained
1 can (1 lb.) yellow wax beans, drained
1 can (1 lb.) red kidney beans, drained
1 can (12 oz.) shoe-peg corn, drained
1 small can cut up pimento
2 tbs. onion, finely chopped
¼ c. sugar
1/3 c. salad oil
½ tsp. black pepper
2/3 c. vinegar
2 tsp. salt
½ c. green pepper, chopped

In a large bowl combine beans, corn and pimento. In a quart jar combine remaining ingredients. Cover and shake together thoroughly. Pour over beans. Mix together gently. Chill overnight. This recipe keeps well in refrigerator and seems to improve with age.

Mrs. Nancy Hoel

"DELISH" SALAD

Serves: 15

Easy | Do ahead | Preparing: 20 min.

Chilling: 24 hrs.

½ head lettuce
1 c. celery, diced
1 c. carrots, grated
½ c. onions, grated
2 pkg. frozen peas, cooked and cooled

Break lettuce in small pieces. Spread peas (cooked and cooled) and other vegetables on lettuce.

DRESSING

½ tsp. salt
¼ tsp. pepper
1 c. sour cream
¾ c. salad dressing

Combine ingredients. Spread dressing over top of salad, completely covering and touching edges. Cover dish and refrigerate for 24 hours. Mix well about 30 minutes before serving.

Mrs. D. Robert Williams

BROCCOLI AND EGG ASPIC

Serves: 8

Easy | Do ahead | Preparing: 30 min.

Chilling: several hrs.

2 tbs. gelatin
1 can condensed consommé
salt and pepper
1 c. mayonnaise
4 hard-cooked eggs, chopped
1 pkg. frozen chopped broccoli, cooked

Soften gelatin in ½ cup cold consommé. Heat remaining consommé. Add salt and pepper, if desired. Add softened gelatin. Stir until dissolved. Cool until it begins to thicken. Fold in mayonnaise and stir until well mixed. Then fold in eggs and broccoli. Pour in rinsed 4 cup mold. Refrigerate. Unmold on salad greens. Serve with mayonnaise or other dressing, if desired.

Mrs. Charles L. Chase

GERMAN SALAD

Serves: 6

Easy | Do ahead | Preparing: 20 min.

½ medium head of lettuce
1 medium onion
2 strips of bacon
1/3 c. water
¼ c. vinegar
½ tsp. sugar
salt
2 hard boiled eggs

Tear lettuce into pieces and cover in cold water. Fry bacon and drain. Cut in small pieces. Drain grease from pan and add water, vinegar, sugar, and bacon pieces. Drain water off letuce. Slice the onion and add to lettuce. Salt to taste. Pour the bacon-water-vinegar-sugar mixture over lettuce after it has completely cooled. Mix well with lettuce and onion. Slice hard boiled eggs on top of lettuce before serving.

Mrs. Jane Schreiber

RAW MARINADE

Serves: 4-6

Easy | Do ahead | Preparing: 15-20 min.

Marinating: 2 hrs.

1 lb. fresh mushrooms, sliced longitudinally
8-10 red radishes, grated
¼ c. olive oil
¼ c. wine vinegar
1 heaping tbs. capers
1 tsp. fennel seed
¼ tsp. dry mustard
salt and fresh ground black pepper

Arrange the mushrooms and radishes in a bowl, preferably glass or enamel. Cover with remaining ingredients. Cover tightly and allow to marinate in the refrigerator for at least 2 hours. Serve on a bed of Boston or Bibb lettuce.

Julia & Christopher Keefe

SPINACH SALAD

Serves: 6

Easy Do ahead

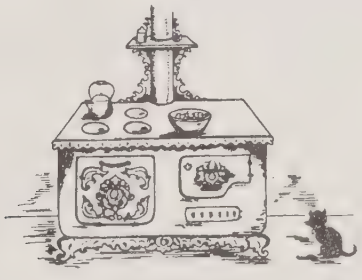
Preparing: 20 min.

Chilling: 1 hr.

1 lb. young spinach
2 tsp. onion
1 tsp. salt
½ tsp. freshly grated black pepper
2 tsp. prepared mustard (Poupon, or Nance)
2 tbs. wine vinegar
8 tbs. oil; 4 olive and 4 Wesson oil
¼ tsp. lemon juice

Wash and dry well spinach. Remove stems. Wrap it in a cloth and place in the refrigerator to chill and dry further. Grate onion. Add salt, pepper, and mustard. Moisten with wine vinegar. Stir in lemon juice. Refrigerate. Beat together the two kinds of oil. Refrigerate. After the oil and vinegar have chilled for 1 hour or longer, beat mixtures together. Should be consistancy of light mayonnaise. The dressing thickens better if chilled separately before beating together. Pour dressing over spinach and serve. See variation—Spinach Salad Dressing.

Mrs. John Harrison



SPINACH SALAD DRESSING VARIATION

Yield: 1 c.

Easy Do ahead

Preparing: 5-10 min.

Chilling: 2-3 hrs.

¾ c. salad oil
¼ c. lemon juice
dash of wine vinegar
¾ tsp. salt
2 tbs. grated Parmesan cheese
¼ tsp. sugar
dash of pepper
dash of paprika
1 clove garlic, cut in half

Mix ingredients and stir until blended. Refrigerate until serving time. Discard garlic and shake well.

Mrs. Betty Hutton

BUFFET MACARONI SALAD

Serves: 8

Easy Do ahead Preparing: 30 min.

2 c. uncooked elbow or shell macaroni
½ c. mayonnaise
½ c. sour cream
1 tbs. vinegar
½ tsp. dry mustard
salt
pepper
4 hard-cooked eggs
¼ c. onion, chopped
1 c. celery, chopped
¼ c. pickle relish

Cook macaroni as directed on package. Drain and cool well. Mix mayonnaise, sour cream, vinegar, mustard, salt and pepper in a separate bowl. Mix together everything and chill. If it seems a little dry, add a little more mayonnaise and sour cream. Great for buffets and picnics.

Mrs. Alexander Kaplan

TOMATO ASPIC

Serves: 6-8

Easy Do ahead Preparing: 10 min.

Chilling: 3 hrs.

1 large pkg. lemon jello
3 c. tomato or V-8 juice
1 c. or more cottage cheese
1 tbs. Worcestershire sauce
½ tsp. onion salt
½ c. chopped celery or ½ tsp. celery salt
1 tbs. mayonnaise
dash pepper

Heat juice and season with Worcestershire sauce. Add jello powder and set aside to cool. Season cottage cheese to taste with chopped celery (or substitute celery salt), mayonnaise, and pepper. Pour tomato juice in 6-8 c. oiled mold and fill to brim with spoonfuls of cottage cheese. Chill. Delicious with chicken or seafood and noodle salad.

Mrs. Timothy H. Smelzer

MAMA NELL'S CONGEALED FRUIT SALAD

Serves: 6-8

Easy Do ahead Preparing: 15-30 min.

Chilling: several hrs.

1 -3 oz. pkg. lemon jello
1 medium can pineapple tidbits
2 apples, chopped
2 bananas, chopped
3 oranges, sectioned and chopped
½ c. pecans, chopped
grapes, halved (optional)

Dissolve Jello in 1 cup boiling water. Add the pineapple tidbits and the juice from the can. Add the remaining fruit and nuts, and place in mold. Chill. It is especially good with chicken.

Mrs. R. B. Fitch, Jr.

APRICOT SALAD

Serves: 8-12

Average | Do ahead

Preparing: 30 min.

Chilling: 8 hrs.

2 pkg. apricot jello
1 -6 oz. can crushed pineapple
2 bananas, finely chopped
1 c. miniature marshmallows

Make jello as directed on package. Gel slightly and add pineapple, bananas, and marshmallows. Pour in 2 round cake pans or a 9" x 13" baking pan. Chill for 3-4 hours until firm.

TOPPING

½ c. pineapple juice (from can)
2 tbs. flour
½ c. sugar
1 egg
1 tsp. butter or margarine
1 -3 oz. pkg. cream cheese
1 -4½ oz. carton non-dairy whipped topping

Mix juice, flour, sugar, egg and butter; cook until thick. Add cream cheese while mixture is hot and beat until light and creamy. Add whipped topping to this. Spread topping, cooled to room temperature, on jello. Chill until time to serve, about 4-6 hours.

Mrs. Elizabeth Dean and Mrs. C. Todd Walter

BLUEBERRY SALAD

Serves: 12

Easy | Do ahead

Preparing: 20 min.

Chilling: 12-24 hrs.

1 large can blueberries
1 large can crushed pineapple
2 pkg. black cherry jello
water

Drain juice from blueberries and pineapple and to it add water to make 2 cups of liquid. Heat and dissolve jello in liquid. Add 1 cup cold water, and blueberries and pineapple. Chill overnight. Spread with cream cheese topping.

CREAM CHEESE TOPPING

1 -8 oz. pkg. cream cheese, softened
½ c. sour cream
½ c. nuts, finely chopped

Blend ingredients together and spread over chilled salad.

Ms. Susan Gramling

CONGEALED CRANBERRY SALAD

Serves: 8-10

Easy | Do ahead

Preparing: 30 min.

Chilling: 8-10 hrs.

1 -15¼ oz. can crushed pineapple
1 -6 oz. pkg. lemon gelatin
1 -7 oz. bottle ginger ale
1 -1 lb. can jellied cranberry sauce
1 -2 oz. pkg. dessert topping mix
1 -8 oz. pkg. cream cheese, softened
½ c. chopped pecans
1 tbs. butter or margarine

Drain pineapple, reserving juice. Add water to juice to make ½ cup; heat this to the boiling point. Dissolve gelatin in hot liquid and cool. Gently stir in ginger ale. Chill until partially set. Blend pineapple and cranberry sauce. Fold into gelatin mixture. Turn into 9" x 9" x 2" dish. Chill until firm. Prepare dessert topping according to package directions; fold in softened cream cheese and spread over gelatin. Toast pecans in 1 tablespoon butter at 350° about 10 minutes. Sprinkle over salad when ready to serve.

Mrs. R. Bruce Henry

FRUIT SALAD

Serves: 20

Average | Do ahead

Preparing: 15 min.

Chilling: several hrs.

1 can peaches
1 can pineapple
1 can white cherries
1/3 lb. almonds
½ c. water
3 egg yolks
½ c. sugar
2/3 c. milk
2 tbs. gelatin
scant ½ c. vinegar
¼ tsp. dry mustard
salt (pinch)
red pepper (pinch)
½ pt. of whipping cream

Put salt, red pepper, dry mustard and gelatin in ½ cup of water. Mix in double boiler egg yolks, sugar, milk, vinegar and let come to a boil. Then add gelatin. When cooked, add whipped cream. Put in fruits and nuts, and refrigerate.

Mrs. John Allen Cates

STUFFED PEAR SALAD

Serves: 4

Easy | Do ahead | Preparing: 20 min.

4 pear halves
¼ c. cottage cheese
1 tbs. sour cream
1 tbs. chives, chopped
1 tbs. sherry
4 lettuce leaves
Lorenzo dressing

Blend cottage cheese with sour cream, chives and sherry. On a bed of lettuce, place pear flat side up. Stuff the pear cavity with the cheese mixture and pour Lorenzo dressing over the salad.

LORENZO DRESSING

¾ c. (6 oz.) olive oil
¼ c. (2 oz.) vinegar
1 tsp. salt
½ tsp. freshly ground pepper
¼ c. chili sauce
¼ c. water cress, chopped
¼ tsp. paprika

Mix first 4 ingredients well. Add last 3 and mix well again. This dressing stores well in the refrigerator, and can be made ahead and poured over salad at serving time. The dressing does separate. Just return it to room temperature and stir before using. It may be better to add fresh water cress each time or omit completely.

Ms. Patricia Bott

RASPBERRY MOLDED SALAD

Serves: 10-12

Easy | Do ahead | Preparing: 5-10 min.

Chilling: 1-2 hrs.

1 family size pkg. red raspberry gelatin
1 c. hot water, just boiled
1 tbs. lemon juice
2 c. (scant) apple sauce
2 pkg. frozen red raspberries, slightly thawed and drained
1 c. hot liquid (juice from raspberries plus water to make 1 c.)

Combine gelatin and hot liquid and stir until dissolved. Add lemon juice, apple sauce, and raspberries. Pour into 1½ qt. mold and refrigerate. Serve with dressing made with ½ cup mayonnaise and ½ cup sour cream. This is very good served with chicken for a luncheon. Without the dressing, it is low on calories.

Mrs. Ann Porter

STRAWBERRY JELLO SALAD

Serves: 4-6

Easy Do ahead Preparing: 20-30 min.

Chilling: several hrs.

2 -3 oz. pkg. strawberry jello
2 c. boiling water
1 -10 oz. box frozen strawberries, thawed
1 small can crushed pineapple with juice
2 small bananas, mashed
8 oz. sour cream, at room temperature
pecans (optional)

Mix together jello and water. Cool. As it begins to gel, add strawberries, pineapple, bananas, and pecans. Mix together. Put approximately half the mixture into a 1½ qt. mold or dish. When firm spoon on sour cream, then pour on the remaining jello mixture and let set.

Mrs. Susan Berry

FRENCH DRESSING

Yield: 1 qt.

Easy Do ahead Preparing: 5 min.

2 small onions, grated
½ c. sugar
1 tbs. paprika
1 tbs. prepared mustard
2 c. ketchup
1 c. oil (may use up to 1½ c.)
½ c. vinegar
½ tsp. salt

Mix sugar and vinegar. Add oil slowly, beating well on high speed. Add other ingredients. Mix well.

Mrs. Rachel R. Avery

GREEN GODDESS DRESSING

Yield: 2½ c.

Easy Do ahead Preparing: 15 min.

1 green onion with part of top
1 small clove of garlic
¼ c. chopped parsley tops (not stems)
1 tsp. dried tarragon (fresh is best)
6 anchovy filets or 2 inches anchovy paste
2 tbs. tarragon vinegar or wine vinegar
2 c. mayonnaise (not salad dressing)

Cup up onion, garlic and parsley, and put in blender with other ingredients. Blend 1 minute. Taste for seasoning; if not salty enough, add a bit more anchovy paste or filets. This may be varied by adding ½ mayonnaise and ½ sour cream. May be served over wedge of lettuce, used as a dip for cold raw vegetables or over a tossed salad. Also good over cold seafood.

Mrs. Georgia Kyser

LOW CALORIE, LOW CHOLESTEROL BLUE CHEESE DRESSING OR DIP

Yield: 1½ c.

Easy | Do ahead | Preparing: 10 min.

Chilling: overnight

½ c. mayonnaise (uncooked variety)
5-6 oz. pot cheese (or uncreamed cottage cheese)
¼ c. canned skim milk
1 tbs. lemon juice
2 oz. blue cheese

In electric blender combine mayonnaise, pot cheese and skim milk. Blend until creamy. Add lemon juice. Blend until thickens slightly. Crumble blue cheese and blend a few seconds until blue cheese is broken as small as desired (some people prefer large lumps). Refrigerate, preferably overnight for blue cheese flavor to penetrate. Serve over lettuce and tomato salads or serve with "rabbit food" as a dip. Can be prepared ahead but should not be kept much over a week. Designed for low-cholesterol diet.

Mrs. Ben F. Loeb, Jr.

ROQUEFORT DRESSING

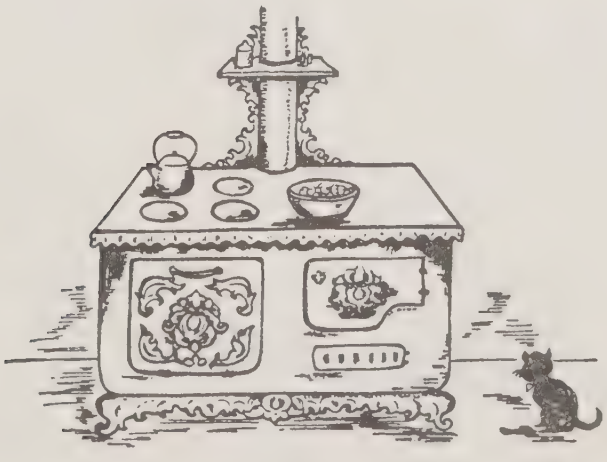
Yield: 4 c.

Easy | Do ahead | Preparing: 15 min.

1 qt. mayonnaise
1 medium onion, grated
3 cloves garlic, grated
1 tbs. sugar
1 tsp. salt
4 tbs. red wine vinegar
juice of half lemon
1 c. Bleu cheese, crumbled

Combine above ingredients. Serve over tossed salad.

Mrs. L. H. Hutchens, Jr.



NOTES

BREADS

BANANA BREAD

Yield: 1 loaf or 3 small

Easy Do ahead Freeze

Preparing: 15-20 min.

Baking: 90 min.

1¼ c. sugar
¼ c. liquid crisco
1 c. margarine, melted
2 eggs
1½ c. very ripe bananas, mashed
2 c. flour (all purpose)
½ tsp. salt
1 tsp. soda
½ c. chopped pecans
1 tsp. vanilla

Mix sugar, shortening and margarine together. Add the other ingredients in their respective order. The flour, salt and soda should be sifted together. Bake 90 minutes at 300° in a regular size loaf pan (greased and floured), or use 3 miniature loaf pans. Test cooking time by using a straw inserted into the bread; if it comes out clean, it is ready.

Mrs. Ronald Hyatt

BANANA HEALTH BREAD

Yield: 1 loaf

Easy Do ahead

Preparing: 15-20 min.

Baking: 45-60 min.

1¼ c. whole wheat flour
¼ c. soy flour
½ c. sunflower seed, ground
½ tsp. salt
½ tsp. cinnamon
½ tsp. ginger, ground
½ tsp. cloves, ground
1 tsp. vanilla
1 egg
½ c. honey
2 tbs. oil
2 ripe bananas
2 tsp. baking powder

Mix and bake in bread pan at 350° for 45-60 minutes. This is a very compact bread—very nutritious, with no empty calories.

Mrs. F. Simmons Patterson

ORANGE NUT BREAD

Yield: 1 large or 2 small loaves

Easy Do ahead Freeze Preparing: 15-20 min.

Baking: 1 hr.

1 c. fresh orange peel, finely shredded
2/3 c. white sugar
1/3 c. water
1 egg
1 c. light brown sugar (or ½ white and ½ light brown)
1 c. soured milk (add 2 tsp. vinegar or lemon juice to whole milk)
2 c. flour, self rising, sifted
¾ c. walnuts or pecans, broken

Optional: 1 c. white raisins can be added for variety. Sweet milk may be used if soda is omitted and baking powder increased to 3 tsp. Instead of self rising, plain flour may be used by adding ¼ tsp. salt, 1 tsp. baking soda, and ¼ tsp. baking powder to plain flour and sift together.

Crystallize orange peel by cooking first 3 ingredients (orange peel, sugar, and water) together for 2-3 minutes until thickened. Beat egg and sugar til thick. Add sour milk and beat well. Add flour slowly. Stir in nuts and crystallized peel. Bake in greased loaf pan (1 large or 2 small) at 350° for 1 hour or slightly less. Bread should be golden brown with a "crack" down the top when done.

Mrs. Lou Cashwell

PUMPKIN BREAD

Yield: 2 medium or 3 small loaves

Average Do ahead Freeze Preparing: 20 min.

Baking: 1 hr.

1 c. vegetable oil
4 eggs, beaten
2/3 c. water
2 c. pumpkin
3 1/3 c. pre-sifted flour
1½ tsp. salt
1 tsp. nutmeg
2 tsp. baking soda
1 tsp. cinnamon
3 c. sugar
½ c. raisins
½ c. walnuts or pecans, chopped

Preheat oven to 350°. Grease and flour loaf pans. Combine oil, eggs, water, and pumpkin. Set aside. Sift together flour, salt, nutmeg, baking soda, cinnamon, and sugar. Make a well in center of dry ingredients and add wet ingredients, mixing until well combined. Stir in raisins and nuts. Divide into 3 greased and floured loaf pans (8½ x 4½ x 2½) or 2 loaf pans (9¾ x 5¾ x 2¾). Bake at 350° for 1 hour.

Mrs. Jill Stritter and Mrs. Homer Rice

DATE AND NUT BREAD IN CANS

Yield: 5 cans
Preparing: 30 min.
Baking: 1 hr.

Easy Do ahead Freeze

1 c. dates, chopped
2 c. hot water
2 tsp. baking soda
1½ c. sugar
1 tsp. vanilla
3 c. flour
2 tbs. shortening or butter
1 tsp. salt
1 c. nuts, chopped

Mix the dates, water, and baking soda well and let stand until cool. Mix remaining ingredients in a bowl and add to cooled mixture. Mix well; pour into 5 cans—half full. Bake at 350° for 1 hour. May be frozen when cooled.

Mrs. Alan Kocan

SIX-WEEK BRAN MUFFINS

Yield: 30 muffins
Preparing: 35 min.
Baking: 15-20 min.
Refrigerating: 12 hrs.

Easy Do ahead

3 c. all bran cereal
1 c. boiling water
½ c. margarine
1½ c. sugar
2 eggs
1 pint buttermilk (or use 2 tbs. vinegar to 1 pint sweet milk)
2½ c. all purpose flour
2½ tsp. soda
1 tsp. salt

Put 1 cup bran in a bowl. Pour boiling water over it. Put margarine in same bowl to melt. Let it stand while you assemble the other ingredients. Combine all ingredients. Nuts, orange peel, or raisins may be added to batter. Cover and store in the refrigerator overnight. Bake in muffin pans at 400° for 15 to 20 minutes.

Mrs. Roy W. Holsten and Mrs. Ronald Hyatt

RICE PANCAKES

Serves: 4-5
Preparing: 10 min.

Easy Do ahead

1 c. self-rising flour
1 c. self-rising cornmeal
2 eggs
1¾ c. milk
½ c. Mazola corn oil
¾-1 c. rice, cooked

Put all ingredients except cooked rice into mixing bowl and combine with mixer. Fold the cooked rice into the mixture. Can also be made with 2 cups self-rising flour, omitting cornmeal. Use 1 teaspoon salt and 4 teaspoon baking powder if you are using *plain* meal. Cook on hot, oiled griddle.

Mrs. William S. Joyner

YOGURT CHEESE PANCAKES

Yield: 16 medium pancakes

Easy | Serve immediately | Preparing: 15 min.

Cooking: 5-10 min. each

¾ c. all-purpose flour (or whole wheat flour)
3 tbs. sugar
⅜ tsp. baking powder
⅜ tsp. salt
3 eggs, separated
¾ c. cottage cheese
¾ c. yogurt (plain or mild-flavored)

Mix and sift dry ingredients. Beat egg whites until stiff but not dry. Beat egg yolks until light and lemon-colored, then stir in cottage cheese and yogurt. Add flour mixture and blend well. Fold in beaten egg whites. Drop batter by spoonfuls on hot, lightly-greased griddle. Bake until golden brown on both sides, turning only once. Serve plain or with butter and honey if desired. When plain yogurt is used, fruit such as blueberries may be added. These pancakes are not as light as traditional pancakes, but are more nutritious. They have double the amount of protein of regular pancakes.

Mrs. Ben F. Loeb, Jr.

SOUR CREAM COFFEE CAKE

Serves: 6-8

Easy | Do ahead | Freeze | Preparing: 15-20 min.

Baking: 45 min.

1½ stick butter
1 c. sugar
3 eggs
1 tsp. vanilla
1 c. sour cream
2 c. flour
1 tsp. baking powder
1 tsp. baking soda
¼ tsp. salt

TOPPING
½ c. nuts, chopped
¼ c. brown sugar
1 tsp. cinnamon

Cream shortening and sugar. Add eggs, one at a time, beating well. Add vanilla, then sour cream. Gradually add dry ingredients. Mix topping ingredients. Double the recipe for topping if you like a richer cake with a little more character. Place half of batter in well-greased 10" tube pan. Sprinkle with half of topping. Add remaining batter and rest of topping. Bake 45 minutes at 350°. Cool in pan, then remove carefully to prevent crumbling.

Mrs. Sandy Pearlman

ORANGE ROLLS

Serves: 6-8

Easy | Serve immediately

Preparing: 20 min.
Baking: 20 min.
Simmering: 3 min.

½ c. butter or margarine
¾ c. orange juice, fresh
¾ c. sugar
1 tbs. orange rind, grated
2 c. self-rising flour
4 tbs. solid shortening
¾ c. milk
½ c. cinnamon sugar

Put first 4 ingredients into heavy medium-sized skillet and cook 3 minutes. Leave in skillet. Cut shortening into flour until mixture is like coarse meal. Add milk all at once, and mix lightly but thoroughly (should be a fairly moist dough). Put onto a floured surface and knead for 2 minutes. Roll out in an oblong shape about ½" thick. Sprinkle with cinnamon sugar. Roll up lengthwise like a jelly roll and cut into 1" thick slices. Put slices into pan with orange mixture, cut side down. Cover pan with lid or foil and bake at 400° for 20 minutes. Rolls do not brown but are done after 20 minutes—do not overcook! Serve warm after turning them out upside down on a large plate.

Mrs. Joseph L. Cashwell

JIFFY MINCE COFFEE RING

Easy | Do ahead

Preparing: 20 min.
Baking: 30-35 min.

2 c. all-purpose flour
¾ c. sugar
2½ tsp. double-acting baking powder
½ tsp. salt
1/3 c. shortening
1 egg, slightly beaten
½ c. milk
¾ c. moist mince meat

Sift together dry ingredients, cut in shortening until mixture resembles coarse meal. Combine egg, milk, and mince meat and add to dry ingredients. Mix only until flour is dampened. Turn into well-greased 9" ring mold. Bake 375° for 30-35 minutes. Frost with icing while still warm.

ICING

2 tbs. butter
3 tbs. hot milk
1 c. sifted confectioner's sugar
⅛ tsp. salt

Combine butter, hot milk, confectioner's sugar and salt. Beat until smooth and pour over ring; icing will run down sides.

Mrs. Edith Nye

SPICY BREAKFAST MUFFINS

Yield: 12 muffins

Average | Do ahead | Freeze | Baking: 20 min.

1/3 c. shortening
½ c. sugar
1 egg
1½ c. flour
1½ tsp. baking powder
½ tsp. salt.
¼ tsp. nutmeg
½ tsp. ground cloves
½ c. milk
½ c. margarine, melted
1 tsp. cinnamon

Heat oven to 350°. Grease 12 muffin cups. Thoroughly mix shortening, sugar and egg. Mix in flour, baking powder, salt, nutmeg, and cloves. Blend in milk. Fill muffin cups 2/3 full and bake 20 minutes. While muffins are baking, melt ½ cup margarine. Mix ½ cup of sugar and cinnamon. Immediately after baking, roll muffins in melted margarine, then in cinnamon-sugar mixture.

Mrs. Warren Ramp

CORNBREAD PATTIES

Yield: 10

Easy | Serve immediately | Cooking: 20-30 min.

2 c. white self-rising cornmeal
4 tbs. flour
½ medium onion, chopped finely
¾ c. buttermilk
1 c. water
⅛ c. Wesson oil

Mix cornmeal, flour, onion, buttermilk, and water thoroughly; drop heaping serving spoonful into Wesson oil that is hot in heavy skillet or electric frying pan. Brown to golden crisp on one side, then turn, and brown on other side. You probably will not get but 4 patties in the pan at a time, therefore the mixture may dry out some and need a small amount of water added before you cook the remaining amount. Stove dial should be on next to high heat. It will take from 20-30 minutes to cook 10 patties unless you have a pan large enough to cook them all at one time. After cooking place on paper towel to absorb some grease.

Mrs. Charlotte D. Kilpatrick

JALAPEÑA CORNBREAD

Serves: 8-12

Easy Do ahead

Preparing: 15 min.

Baking: 45 min.

3 eggs, beaten
2¼ c. milk
3 c. cornbread mix
½ c. cooking oil
4 tsp. sugar
1 large onion, grated
1½ c. yellow cheese, grated
1 tsp. baking powder
3 jalapeña peppers, chopped fine

Mix all ingredients and place in 1 or 2 well-greased 8" x 8" pans, depending on thickness desired. Bake at 350° until a knife placed in center comes out clean. This will take about 45 minutes. It can also be made as muffins—bake only 30 minutes. It warms up successfully as leftovers.

Dr. Lamar Cecil

GENERAL COMMENT ON YEAST BREAD

Bread should be put to rise in a warm place. Each house has its own such place; in one house it was on top of the water heater in the kitchen, in another, near a radiator, in another near the furnace room. The optimum rising temperature is 80°, in a place free from drafts. Proper temperature and length of time for rising are essential for a light, fine-textured yeast bread.

REFRIGERATOR ROLLS

Yield: 2-3 doz.

Easy Do ahead Freeze after baking

Chilling: 2½ hrs.

Baking: 10 min.

1 pkg. yeast
½ c. lukewarm water
1/3 c. shortening
¼ c. sugar
1 tsp. salt
1 c. sweet milk
1 c. mashed potatoes
2 eggs, well beaten
2 c. whole wheat flour
enough enriched flour to make stiff dough (3-4 c.)

Scald and cool milk. Dissolve yeast in lukewarm water. Add melted shortening, sugar, salt, mashed potatoes and milk. Mix well and add eggs. Stir in whole wheat flour. Add enriched flour to make stiff dough (about 3 or 4 cups). Knead well. Put in greased bowl, cover well and put in refrigerator. About 2 hours 30 minutes before baking time remove from refrigerator and knead well. Shape into rolls as desired. Set in warm place to rise. Bake at 400° until brown, about 10 minutes.

Mrs. Malcolm McLeod

CORNMEAL ROLLS

Yield: 2½ doz.

Average | Freeze after baking | Rising: 1½ hrs.

Baking: 20-25 min.

1 pkg. yeast
¼ c. lukewarm water
1 c. corn meal
2 c. milk
½ c. shortening
½ c. sugar
1 tsp. salt
2 eggs, beaten
5 c. enriched flour

Soften yeast in lukewarm water. Place corn meal, milk, shortening, sugar and salt in top of double boiler. Bring to boil over direct heat, stirring constantly. Place over boiling water and cook 10 minutes. Cool until mixture is lukewarm. Add beaten eggs and half of flour and yeast. Add enough flour to make soft dough. Turn out on floured board and knead until smooth. Place in greased bowl, cover and let rise until double in bulk. Punch down, cover and let rest 10 minutes. Shape dough into small balls, and dip in melted margarine or butter. Place 3 balls in each cup of greased muffin pans. Let rise until double in bulk. Bake at 400° for 20 to 25 minutes.

Mrs. B. L. Ward

HOMEMADE BUNS (ROLLS)

Yield: 1-2 doz.

Easy | Do ahead | Freeze | Baking: 15 min.

2 pkg. dry yeast
5 c. flour
½ c. sugar
1½ tsp. salt
2 eggs
½ c. oil
1½ c. very hot tap water

Combine and stir together 2 package yeast, 2 cup flour, ½ cup sugar, and 1½ teaspoon salt. Add 2 eggs, ½ cup oil, 1½ cup very hot tap water. Mix with a beater until blended. Add 3 cups flour and stir in by hand. Knead in approximately 1 more cup flour. Let rise (covered and in a warm spot). When risen to double in size, pat it down with hands, and make into rolls or use a rolling pin and cut out the buns with a donut cutter the same as you would a cookie. Let rise again. Bake at 350° for 15 minutes.

Mrs. Judy Bauman

WILDFLOWER KITCHEN DARK BREAD

Yield: 2 loaves
Preparing: 45 min.
Rising: 1 hr.
Baking: 1-1¼ hrs.

Easy Do ahead

2 c. whole milk
2 c. warm water
½ c. low-fat non-instant dry milk powder
3 tbs. dry yeast
½ c. molasses or honey
4 tbs. soy oil, non-refined
4 tbs. nutritional yeast
4 c. rye flour (or maybe some buckwheat)
4 c. whole wheat flour
1 c. low or regular fat soy flour
1 c. wheat germ
2 tsp. salt

In a bowl mix whole milk, water and milk powder. Add yeast, molasses or honey, soy oil and nutritional yeast. Allow to sit until it begins to bubble. Add remaining ingredients. Mix and knead well. Allow to sit and rise ½ hour. Knead and put in 2 bread pans and allow to rise ½ hour longer. Bake 1-1¼ hours at 400°.

Wildflower Kitchen

MRS. DINGLE'S HOMEMADE YEAST BREAD

Yield: 2 loaves
Preparing: 30 min.
Baking: 1 hr.

Average Do ahead Freeze

2 pkg. dry yeast (cake type is best)
3 c. milk
1 tbs. sugar
1 scant c. shortening (liquid)
about 6 c. flour
1 tbs. salt or less

Scald milk and cool slightly. Dissolve yeast in very warm milk (not hot). Stir in sugar, salt, and shortening. Add enough flour to make a stiff dough (save 1 cup for kneading). Mix well. Cover and let rise until doubled. Turn out on floured board (using the reserved cup of flour for the kneading.) Knead well (10 minutes), and divide into 2 parts. Put in greased loaf pans and let rise until doubled. Bake at 300° about 1 hour. Note: Each rising takes 45 minutes to 1½ hour, depending on temperature of the room. The recipe may also be doubled or tripled.

Mrs. William May

BEST BREAD EVER

Yield: 3 loaves

Average Do ahead Freeze

Preparing: 10 min.
Rising: 3 hrs.
Baking: 45 min.

2 c. warm water
½ c. molasses or half molasses, half honey
2 pkg. dry yeast
2 eggs
2½ tsp. salt
3 c. white flour, approx.
1/3 c. vegetable oil
1 c. nonfat dry milk solids
½ c. rolled oats
½ c. yellow corn meal
½ c. wheat germ
3 c. whole wheat flour

Optional: 4 egg yolks may be substituted for 2 whole eggs. 1 c. rye flour or 1 c. soy flour may be substituted for one of the 3 c. whole wheat flour.

Combine water, molasses, honey, and yeast in large bowl of mixer. Let stand 10 minutes. Add eggs, salt, oil, dry milk, oats, corn meal, wheat germ. Beat at low speed or by hand until well mixed. Add whole wheat flour and continue to beat on low speed. By hand, add enough white flour to make a stiff dough. Knead on floured cloth or board until smooth, about 5 minutes. Place in large, clean, greased bowl and oil top of dough. Allow to rise until double, about 2 hours. Knead again. Shape into loaves. Put in greased loaf pans and oil tops of loaves. Allow to rise until double in bulk, about 1 hour. Bake at 375° for 20 minutes. Reduce heat to 350° and bake 25 minutes longer. Remove from pans and cool on rack. Do not try to slice until bread has nearly cooled.

Mrs. Donald Hayman

DILLY BREAD

Yield: 1 loaf
Preparing: 20 min.
Rising: 1 hr. 40 min.

Easy Do ahead

1 pkg. dry yeast
¼ c. warm water
1 c. creamed cottage cheese (heated to lukewarm)
2 tbs. sugar
1 tbs. instant minced onion
1 tbs. butter
2 tsp. dill seed
1 tsp. salt
¼ tsp. soda
1 unbeaten egg
2¼-2½ c. all purpose flour

Soften yeast in water. Combine in a bowl cottage cheese, sugar, onion, butter, dill seed, salt, soda, egg, and softened yeast. Add flour to form a stiff dough, beating well after each addition. Cover and let rise in a warm place until light and double in size—about 50 or 60 minutes. Stir dough down, and turn it into a 8" round, greased casserole (1½-2 qt.). Let it rise until light, about 30-40 minutes. Bake at 350° until golden. Brush with soft butter and sprinkle with salt.

Mrs. Betty Hutton and Mrs. Joyce Sparling

CHEDDAR CHEESE BREAD

Yield: 2 loaves
Preparing: 15-20 min.
Rising: 2 hrs.
Baking: 20-25 min.

Average Do ahead

1 pkg. active yeast
¼ c. warm water
½ c. boiling water
1½ tsp. salt
¼ c. sugar
3 tbs. shortening
½ c. undiluted evaporated milk
2 eggs, beaten
3½ c. flour, sifted
1 c. sharp cheddar cheese, shredded

Dissolve yeast in warm water and set aside. Pour boiling water over salt, sugar, and shortening in medium size mixing bowl. Stir until shortening is melted. Add milk, dissolved yeast, then stir in beaten eggs. Add half of the flour and beat thoroughly. Add remaining flour and beat until smooth. Let dough rise until double in bulk (about 1 hour). Add cheese and beat dough again. This is a soft dough. Divide dough in half and spread in 2 well-greased regular loaf pans. Let dough rise until double (about 1 hour). Bake at 400° for 20-25 minutes, until golden brown. If crust appears to be browning too much, cover loosely with foil until loaf is finished baking.

Mrs. Gloria Blythe

ZOPF (SWISS BREAD)

Yield: 2 loaves

Easy Do ahead Freeze

Preparing: 15 min.
Rising: 90 min.
Baking: 50 min.

2 c. milk
1 stick butter
3 tbs. sugar
2 tsp. salt
2 eggs, at room temperature
5½-6 c. flour
2 pkg. active dry yeast

Mix sugar, salt, yeast, and 2 cups flour in large electric mixer bowl. Heat milk, butter until very warm. Add to dry mixture. Beat at medium speed for 2 minutes. Add eggs and ½ cup flour. Beat at high speed for 2 minutes. Add rest of flour. Knead until smooth and elastic—about 3 minutes. Cover and let rise until double—about 45 minutes. Press dough down and let rise again—about 45 minutes. Cut dough into 4 parts. Roll like a snake. Twist 2 parts together to form a "braid". Repeat with remaining 2 parts. Let rise on greased baking sheet for 15 minutes. Brush with beaten egg. Bake at 350° for 50 minutes. After removing from oven, place loaves on rack and cover with clean towel while cooling. This keeps the crust soft.

Mrs. William W. Cobey

LOVE FEAST BUNS

Yield: 3½ doz.

Average Do ahead

Preparing: 45 min.
Rising: 2 hrs.

1 pkg. yeast
¼ c. warm water
1 c. warm mashed potatoes
¼ c. potato water (water potatoes were boiled in)
2 beaten eggs
½ c. butter, melted
5 c. plain unsifted flour
¾ c. sugar
1 tsp. salt
1 tsp. mace

Dissolve yeast in warm water. Follow method for yeast breads, adding liquid ingredients to solid ingredients. Mix. This makes a soft dough. Cover with damp cloth and let rise in warm place until double in bulk (about 2 hours). Break down risen dough, kneading, adding as little flour as possible. Roll out and cut with 3" cutter. Thickness of dough will determine thickness of bun—¾" thickness gives a nice size bun. Bake at 375° until slightly brown.

Mrs. William S. Joyner

SOUR CREAM TWISTS

Yield: 4-5 doz.

Average | Do ahead | Freeze

Chilling: 2 hrs.

Baking: 15 min.

4 c. flour
1 tsp. salt
1 c. butter
1 pkg. yeast
¼ c. warm water
1 c. sour cream (8 oz.)
1 egg & 2 egg yolks, well beaten
1 tsp. vanilla
flour
sugar

Sift flour with salt, cut in butter until the consistency of cornmeal. Dissolve yeast in warm water. Stir into flour mixture along with sour cream, eggs and vanilla. Mix well, using hands if necessary. Cover the dough with a damp cloth, letting the cloth touch the dough all around. Refrigerate for at least 2 hours (or set in the freezer for 10 minutes). Use the dough any time within the next 2 weeks. Remove half the dough from the refrigerator and roll it out on a board sprinkled with flour and sugar. For dinner rolls, use about 1 teaspoon for each sprinkle; for sweet rolls, use up to ¼ cup per sprinkle. Roll the dough into 8" x 16" rectangle. Fold the ends toward center, overlapping them completely. Sprinkle the top with sugar and roll out again to 8" x 16". Fold the ends in again, sprinkle again, and roll out again. The third time continue rolling out the dough to ¼" thickness. Cut into 1" x 4" strips. Holding a strip by each end, twist in opposite directions, stretching a bit, so that a tightly twisted roll is formed. Place on an ungreased cookie sheet. Let the twists rest for 15 minutes. Bake at 375° for 15 minutes. Remove from pan immediately and cool on a wire rack. Repeat with the rest of the dough. Serve hot or cold.

Mrs. Biruta Nielsen

NOTES

DESSERTS

APPLE DESSERT

Serves: 6

Easy Do ahead Preparing: 15-20 min.

Baking: 1 hr.

4 large apples (or more)
1 c. white sugar
1 tsp. cinnamon

Peel and dice apples in small pieces and place in buttered baking dish. Mix sugar and cinnamon and sprinkle over apples.

CRUST

½ c. butter (1 stick)
½ c. brown sugar
1 tsp. cinnamon
½ c. pecans
1 c. flour
3 tbs. water

To make crust, cream butter and sugar. Add cinnamon and flour, pecans and water. Spread this over apples and bake 1 hour at 350°. Serve with whipped cream or ice cream. May be served cold, but better while hot.

Mrs. D. O. Price

BLUEBERRY DELIGHT

Serves: 9

Average Do ahead Baking: 15 min.

Chilling: several hrs.

graham crackers, about 20
½ stick butter or margarine, softened
¼ c. sugar
2 eggs
8 oz. cream cheese, softened
¾ c. sugar
½ tsp. vanilla
½ pt. whipping cream, whipped
blueberries, no. 2 can (20 oz.)
2 tbs. cornstarch
¼ c. water
¼ c. sugar
1 tsp. lemon juice

To make crust, crush crackers, add butter and sugar, and press in a 9" square pan. Beat eggs; add sugar, vanilla and softened cream cheese. Spread mixture over crust and bake 15 minutes at 375°. Take juice from blueberries; add cornstarch, sugar, water, and lemon juice. Cook until thick. Add berries and ½ pt. cream, whipped, and pour on top of other mixture. Chill.

Mrs. B. L. Ward

GRANDMA'S CHERRY PUDDING

Serves: 8

Easy | Serve immediately | Baking: 1 hr.

1 c. flour
1 c. sugar
1 c. buttermilk
¼ c. butter or margarine, melted
1 -1 lb. can red tart pitted cherries, with juice
½ tsp. soda

Take a 2-qt. baking dish and mix the batter in the dish. Sift flour and ½ the sugar; add the buttermilk with the soda "foamed" in it. Add the melted butter and mix well. Drain the cherries and add enough water to make one cup of liquid. Heat the liquid to boiling. Sprinkle the cherries over the top of the batter, then sprinkle the remaining sugar over them. Pour the boiling liquid over all. Do not stir. Bake uncovered at 325-350° for almost an hour. Serve hot.

Mrs. Dan Dobbs

CHEESE CAKE

Serves: 10

Easy | Do ahead | Freeze | Preparing: 30 min. | Baking: 1 hr. | Chilling: 1 hr.

CRUST

¼ c. butter (soft)
¼ c. sugar
½ tsp. baking powder
1 egg
1 c. flour

Cream butter and sugar together. Add flour and baking powder; mix. Beat egg and add. Mix all the ingredients well and form a ball. Grease bottom and sides of 10" spring-form pan. Press crust mixture on the bottom and about ¾ up the sides.

CHEESE FILLING

4½ lb. pkg. cream cheese, softened
1 c. sugar
2 tbs. flour
6 eggs
½ pt. sweet heavy cream

Cream the cheese with the sugar and flour. Separate the eggs. Beat the egg yolks lightly. Add to cheese and mix. Add cream. Mix. Beat the egg whites, not too stiff. Fold in gently. Pour cheese mixture into crust. Bake in pre-heated oven at 325° for 1 hour. Turn off oven when cake is done but DO NOT REMOVE THE CAKE. Leave the oven door slightly ajar for about 1 hour. Then remove the cake.

Mrs. Delores Moe

HOT CHOCOLATE BREAD PUDDING

Serves: 7-8

Average | Partially do ahead | Baking: 45 min.

3 squares dark chocolate (unsweetened)
1½ c. whole milk
1¾ c. bread cubes (Arnolds or Pepperidge)
2 tbs. butter
1 c. sugar
1/3 tsp. salt
1 tsp. vanilla
5 eggs, separated
1 c. whipping cream, sweetened
½-¾ c. pecans, chopped (optional)

In top of double boiler, put milk and chocolate and heat until chocolate is completely melted, stirring from time to time. Add butter, sugar, salt and bread which has been trimmed and cut into small cubes. Press it gently into cup when you measure. Beat egg yolks and stir a small bit of the chocolate mixture into them then gradually add the rest. Let this mixture cool. About 50 minutes before serving time, beat egg whites until stiff but not dry and fold into the cooled chocolate mixture. Be gentle with your folding and pour into an 8" soufflé dish or casseroie which has been greased. Bake 45 minutes or until center is firm when gently shaken. Serve with sweetened whipped cream. Should be eaten soon after baking because it tends to fall a bit.

Mrs. Georgia Kyser

POTS DE CREME

Serves: 4

Easy | Do ahead | Preparing: 40 min.

4¾ oz. bars of semi-sweet chocolate
1 square of bitter cooking chocolate
1 tbs. strong coffee
1 tbs. sugar (or to taste)
5 egg yolks, beaten
1 c. whipping cream, scalded
touch of salt
grated rind of ½ thick-skinned naval orange
1 tbs. dark rum (or to taste)

Melt chocolate in double-boiler. Add balance of the ingredients in the order given, beating constantly. Stir and cook until thick. Pour into 4 small cups. Cool. Top with whipped cream topping.

WHIPPED CREAM TOPPING

½ c. whipping cream
rum and sugar to taste
grated rind of ½ thick-skinned naval orange

Whip cream and add orange rind, rum and sugar. Don't cover tops of cups but divide by putting large spoonfuls on each.

Mrs. Warren A. Cook

CHOCOLATE MOUSSE

Average | Do ahead | Preparing: 20-25 min.
Chilling: 4-12 hrs.

½ lb. semi-sweet chocolate (German or Dot)
5 tbs. coffee
5 eggs, separated
2 tbs. rum or 1 tsp. vanilla

Dissolve chocolate in coffee over low heat, stirring constantly. Beat egg yolks with electric beater until very, very light. Fold in melted chocolate and the stiffly beaten egg whites and flavoring. Pour into small mousse jars or compotes. Chill at least 4 hours or overnight in refrigerator. When ready to serve decorate with whipped cream.

Mrs. Kay Kyser

CHOCOLATE MOUSSE RING

Serves: 20

Easy | Do ahead | Freeze | Baking: 5 min.
Chilling: 12-24 hrs.

16 lady fingers
sherry

Split lady fingers lengthwise and place cut side down in 375° oven for 5 minutes. Let cool. Brush cut sides with sherry. Use 10" spring form pan, arrange lady fingers vertically around edge of pan, cut side in. Put the remaining lady fingers in bottom of spring mold. Set aside.

FILLING

1 lb. cream cheese, softened
1½ c. light brown sugar, firmly packed
¼ tsp. salt
4 egg yolks
1 -12 oz. pkg. semi-sweet chocolate morsels, melted over hot water
4 egg whites, stiffly beaten
1 tbs. sherry
1 pt. heavy cream, whipped

Blend cheese with ¾ cup brown sugar mixed with the salt. Beat in egg yolks one at a time. Stir in melted chocolate. Fold in stiffly beaten egg whites and sherry. Beat in remaining ¾ cup brown sugar. Fold in whipped cream. Spoon into prepared spring mold small amounts at a time to keep lady fingers in place. Chill all day or all night. Remove side of spring mold; put on serving plate. Cut in slices and serve. May divide and make into 2 smaller molds.

Mrs. Cornelius O. Cathey

CRANBERRY PUDDING

Easy Do ahead

Serves: 6-8
Preparing: 20-30 min.
Simmering: 2½ hrs.

2 c. cranberries
1 c. seedless raisins
1 1/3 c. flour
2 tsp. soda
¼ tsp. salt
1/3 c. boiling water
½ c. molasses

Wash and drain cranberries. Combine with raisins. Mix in the flour. Stir together the soda, salt, water and molasses in bowl and then pour over cranberry mixture. Fill a 2 lb. coffee can lightly. Cover, and simmer for 2½ hours in kettle partly filled with boiling water. Can be reheated using same method at another time. Serve with sauce poured over the pudding. This is a good recipe for Thanksgiving and Christmas. It can be stored for 3 weeks in the refrigerator.

SAUCE

½ c. butter
1 c. granulated sugar
½ pt. cream

Boil about 2 minutes and serve hot over pudding.

Mrs. Robert Mueller

BAKED INDIAN PUDDING

Easy Do ahead

Serves: 6-8
Preparing: 10 min.
Baking: 6-7 hrs.

1 c. yellow granulated corn meal
½ c. black molasses
¼ c. granulated sugar
¼ c. lard or butter
¼ tsp. salt
¼ tsp. baking soda
2 eggs
1½ qts. hot milk

Mix all the ingredients thoroughly with half (¾ quart) of hot milk and bake at 450° until it boils. Then stir in remaining ¾ quart of hot milk and bake in slow oven heat (250°) for 5-7 hours. Bake in stone crock or heavy bean pot, well greased inside. The cooking time and temperature are not critical—the secret is in slow and careful baking. Serve in dessert dishes. Top with vanilla ice cream or whipped cream. Pudding should be warm when served.

Mrs. Charles W. Etheridge

CREAM PUFFS OR CHOCOLATE ECLAIRS

Average | Do ahead | Freeze | Preparing: 20 min.

1 c. water
½ c. butter
½ tsp. salt
1 c. all-purpose flour, sifted
4 large eggs

In medium saucepan bring water, butter, and salt to boiling. Remove from heat. With wooden spoon beat in the flour. Return to low heat; beat until mixture forms a ball and leaves sides of pan. Remove from heat. Beat in eggs, one at a time, beating mixture hard after each addition. Continue beating until dough is shiny and satiny and breaks away in strands.

CREAM PUFFS Yield: 12

Drop 12 rounded tablespoons about 2" apart on ungreased cookie sheet. Bake 45-50 minutes at 400° until golden brown. Puffs should sound hollow when tapped lightly with finger tip. Let cool on wire rack away from drafts. When cool, with sharp knife cut off tops and scoop out filaments of soft dough. Fill with ice cream, custard, whipped cream and dust with confectioner's sugar; or freeze in plastic bag to use at a later date.

ECLAIRS Yield: 6

Make ½ recipe. Drop 3" apart, 6 rounded tablespoons; form into 4" x 1" strips. Bake 35-40 minutes. Scoop out and fill as for cream puffs. Glaze with chocolate icing.

MINIATURE PUFFS Yield: 50

Drop 50 rounded teaspoons 2" apart. Bake 25-30 minutes. Scoop out and fill as for cream puffs. Also delicious filled with cheese, egg salad, chicken salad.

Mrs. William W. Cobey, Jr.

COFFEE TORTONI

Serves: 8

Easy | Do ahead | Freeze | Preparing: 20 min.

1 egg white
1 tbs. instant coffee
⅛ tsp. salt
2 tbs. sugar
1 c. heavy cream
¼ c. sugar
1 tsp. vanilla
⅛ tsp. almond extract
¼ c. toasted almonds, chopped

Combine egg white with coffee and salt; beat until stiff but not dry. Gradually add 2 tablespoons sugar; beat until stiff and satiny. Beat cream, ¼ cup sugar, vanilla and almond extract until stiff. Fold into egg mixture; add nuts and mix. Pour into 8-2 oz. paper baking cups in a muffin tin. May be eaten immediately, refrigerated or frozen.

Mrs. Charles Oliver, II

PUMPKIN MOUSSE

Serves: 6

Easy | Do ahead | Preparing: 30 min.

Chilling: several hrs.

1 envelope gelatin
¼ c. rum (do not substitute)
4 eggs, separated
2/3 c. sugar
1 c. canned pumpkin
2 tsp. pumpkin pie spice
pinch cream of tartar
1 c. whipping cream
additional whipped cream or candied fruit for garnish

Into a small saucepan sprinkle gelatin over the rum. Heat very slowly, stirring occasionally, until gelatin is dissolved. Set aside. In a large mixing bowl beat 4 egg yolks. Gradually add sugar and continue to beat the mixture until very thick. Stir in pumpkin seasoned with pumpkin pie spice. Mix in the gelatin well. Beat the egg whites in a separate bowl with a pinch of cream of tartar until they stand in peaks. In another bowl, beat the cream until it holds a definite shape. Fold in the egg whites and then the whipped cream. Pour the mixture into either a 4 cup soufflé dish to which you have attached a collar of waxed paper, or a 6 cup soufflé dish or 6 dessert dishes. Chill until set. Before serving, garnish with whipped cream or candied fruit.

Mrs. Robert L. Andersen

LEMON CUPS

Easy | Do ahead | Preparing: 20 min.

Baking: 45 min.

1 c. sugar
2 tbs. butter
3 eggs
5 tbs. lemon juice
4 tbs. flour
pinch of salt
rind of 1 lemon, grated
1½ c. milk

Cream butter; add sugar, flour, salt, lemon rind and juice. Pour on mixture of well beaten egg yolks and milk, stirring well. Fold in stiffly beaten egg whites. Bake in casserole or custard cups placed in pan of hot water for 45 minutes in moderate oven. This is lemon cake and custard combined.

Mrs. O. David Garvin

FRUIT MOLD SUPREME

Serves: 6-8

Average | Do ahead | Preparing: 45 min.

Chilling: 12 hrs.

1 lb. can sliced pineapple
3 oranges
1 envelope plain gelatin
1 c. coconut, fresh grated or frozen
1 c. sugar, scant
4 egg whites

Drain pineapple, saving 1 cup juice. Cut pineapple into chunks. Cut oranges (peeled) into segments. Soak gelatin in ¼ cup pineapple juice. Heat ¾ cup pineapple juice with sugar, adding soaked gelatine. Pour hot mixture slowly over stiffly beaten egg whites to which a dash of salt has been added. Add pineapple chunks, orange segments and coconut. Fold all together. Let set until stiff and refrigerate. This mixture should be put in a 1 qt. mold. Top with sauce.

CUSTARD SAUCE

1 c. milk
½ c. sugar
vanilla or rum to flavor
4 egg yolks
whipping cream (optional)

Beat egg yolks and add sugar slowly. Then add this mixture to scalded milk (in top of double boiler). Stir constantly until mixture thickens. Remove from heat and add 1 teaspoon vanilla or 1 tablespoon rum. When cool, chill until serving time. Add whipped cream, if desired.

Mrs. Treva Richardson

ORANGE FUDGE FONDUE

Yield: 2 c.

Easy | Serve immediately | Preparing: 10 min.

Slicing: 30 min.

1/3 c. butter
3 tbs. water
1 tbs. orange rind, grated
¼ c. frozen orange juice concentrate, thawed and undiluted
1 -14 oz. pkg. fudge and frosting mix

Combine butter and water in top of double boiler over boiling water. When butter has melted, stir in remaining ingredients. Cook, stirring frequently, about 5 minutes. Pour into fondue dish. Serve with wedges of fresh pineapple, bananas, apples, and mandarin orange sections.

Mrs. F. Walton Avery

CHERRY TORTE

Serves: 12

Average | Do ahead

Preparing: 15 min.
Baking: 35 min.
Chilling: several hrs.

6 egg whites
¾ tsp. cream of tartar
2 c. sugar
2 c. saltine crackers, broken (dime size)
¾ c. pecans, broken
2 tsp. vanilla
1 pt. whipping cream
1 heaping tsp. confectioner's sugar
1 can prepared cherry pie filling

Beat egg whites and cream of tartar until foamy. Gradually add sugar and beat until mixture holds stiff peaks. Fold in crackers and pecans. Pour into ungreased 9 x 13" pan and bake 35 minutes at 350°. Cool to room temperature. Beat 1 pint whipping cream until stiff. Add confectioner's sugar. Spread over baked mixture. Spread cherry pie filling over whipped cream and refrigerate several hours. Cut into squares.

Mrs. Charles Holloway

FUDGE PECAN TORTE WITH WHIPPED CREAM

Serves: 6

Easy | Do ahead | Freeze | Chilling: 6 hrs.

¼ c. graham cracker crumbs
2/3 c. butter, softened
1 1/3 c. powdered sugar
2 egg yolks, beaten (extra large)
1 tbs. creme de cacao
2 squares bitter chocolate, melted
½-1 c. pecans, chopped
¼ tsp. salt
2 egg whites, beaten (to be folded in) whipped cream

Put graham cracker crumbs in cake or pie pan. Mix ingredients with electric mixer in order given. Drop mixture on crumbs and spread evenly. Top with whipped cream. Chill at least 6 hours. Cut in squares or triangles and top with powdered sugar. Serve at once after removing from refrigerator. Garnish, with a few ground nuts over whipped cream.

Ms. Frances B. Floore

BUTTERSCOTCH SQUARES

Yield: 20

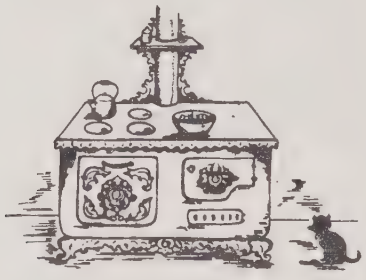
Easy Do ahead Preparing: 30 min.

Baking: 30 min.

1 stick butter or margarine
2 c. brown sugar
heaping c. flour
1 tbs. baking powder
pinch salt
2 eggs
1 tsp. vanilla
1 c. nuts, chopped

In skillet melt butter and brown sugar. Add eggs and beat. Add flour, baking powder and salt. Mix well. Add vanilla and nuts. Pour into a 10" x 14" ungreased pan. Bake at 300° for 30 minutes. Cool and cut into squares.

Mrs. Miles Fitch



APPLE-ORANGE BROWNIES

Serves: 10-12

Easy Do ahead Freeze Preparing: 5 min.

Baking: 15 min.

6 tbs. margarine
1 c. brown sugar
½ c. applesauce
1 tsp. orange peel, shredded
1 egg, beaten
1 tsp. vanilla
1¼ c. flour, sifted
1 tsp. baking powder
½ tsp. salt
¼ tsp. soda
½ c. walnuts, chopped

Combine butter or margarine and brown sugar in saucepan. Cook and stir until melted. Beat in applesauce, shredded orange peel, beaten egg and vanilla. Sift together flour, baking powder, salt, and soda. Stir into mixture in saucepan. Stir in ½ cup chopped walnuts. Spread in greased 15 x 10 x 1 inch pan. Bake at 350° for 15 minutes. While warm spread with Orange Glaze.

ORANGE GLAZE

Combine 1½ cup sifted confectioner's sugar, ½ teaspoon vanilla, dash salt, and about 2 tablespoon orange juice.

Mrs. Rose Marie Wyman

LEMON BARS DELUXE

Yield: 45

Easy Do ahead

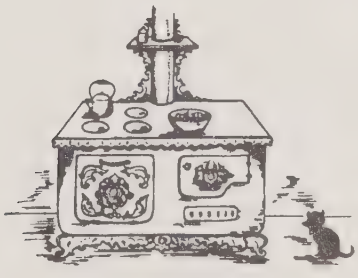
Preparing: 20 min.

Baking: 50 min.

2 c. flour, sifted
½ c. confectioner's sugar
1 c. butter
4 eggs, beaten
2 c. granulated sugar
1/3 c. lemon juice (Realemon)
¼ c. flour
½ tsp. baking powder

Sift together the 2 cups flour and the confectioner's sugar. Cut in butter until mixture clings together. Press in 13 x 9 x 2" baking pan. Bake at 350° for 20-25 minutes. Beat together eggs, granulated sugar and lemon juice. Sift together the ¼ cup flour and the baking powder. Stir into egg mixture. Pour over baked crust. Bake at 350° for 25 minutes longer. Sprinkle with additional confectioner's sugar. Cool *thoroughly.* Cut in bars.

Mrs. Margaret Adams



PECAN PIE BARS

Yield: 20

Easy Do ahead Freeze

Preparing: 20 min.

Baking: 35 min.

1½ sticks butter or margarine
1 lb. less ¼ c. light brown sugar
2 eggs, beaten
1 c. chopped pecans
1 1/3 c. plain flour
1 tsp. baking powder
⅛ tsp. salt
1 tsp. vanilla

Preheat oven to 325°. Melt butter and sugar in saucepan on medium heat. Boil for 2 minutes. Cool for a few minutes in a pan of cold water. Sift dry ingredients together and add to butter and sugar mixture. Add eggs and blend well; than add vanilla and nuts. Pour batter into a 9" greased square pan and baked at 325° for 35 minutes. Cool and cut into squares.

Mrs. Mary Owen Boydell

TORTONI SQUARES

Yield: 12-16

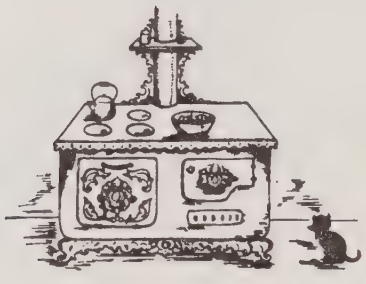
Easy Do ahead Freeze Preparing: 20 min.

Freezing: Several hrs.

2/3 c. almonds, chopped, toasted
3 tbs. butter, melted
1 c. fine vanilla wafer crumbs
1 tsp. almond extract
3 pts. vanilla ice cream, softened
1 -12 oz. jar apricot or peach preserves
whipped cream (optional)

Combine almonds, butter, crumbs, and almond extract. Mix well. Save ¼ cup crumb mixture for top. Sprinkle half the remaining crumb mixture over bottom of an 8" square pan that has been lined with aluminum foil. Spoon half the ice cream over crumb mixture; drizzle with half the preserves and sprinkle with remaining crumb mixture. Repeat to use rest of ice cream and preserves. Sprinkle reserved ¼ cup crumb mixture over top. Store in freezer until ready to serve. Cut into squares and garnish with whipped cream if desired.

Ms. Louise M. Horner



XMAS SQUARES

Easy Do ahead Freeze Baking: 1 hr.

2 c. pecans, chopped
½ lb. margarine
1 box light brown sugar
4 eggs, beaten
2 c. flour, sifted
1½ tsp. vanilla
6 slices candied green pineapple
½ lb. candied red cherries
½ lb. cut dates

Grease and flour 10" x 13" x 2" pan. Sprinkle pecans in prepared pan. Cream margarine and brown sugar together. Add beaten eggs. Sift together sifted flour and add to mixture and vanilla. Pour this batter over nuts in pan. Chop up pineapple, cherries and dates. Mix these fruits and put on top of batter and press slightly. Cook 1 hour at 300°. Cool and cut in squares.

Mrs. Cornelius O. Cathey

CALIFORNIA TARTS

Yield: 24

Average | Do ahead | Freeze

Preparing: 50 min.
Chilling: 1 hr.
Baking: 25 min.

PASTRY

3 oz. cream cheese, softened
½ c. butter or margarine, softened
1 c. enriched flour, sifted

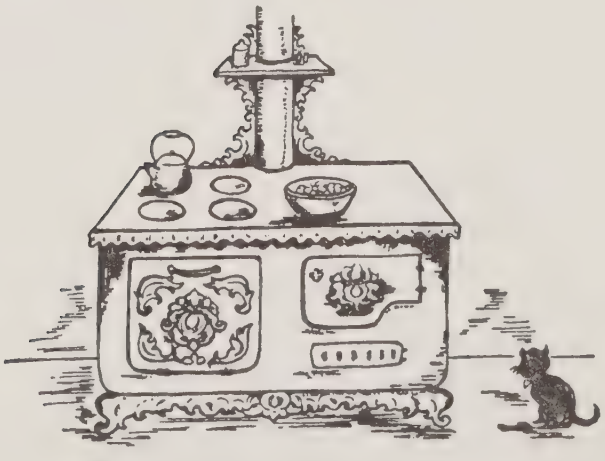
Soften cream cheese and butter at room temperature. Blend and stir in flour. Chill slightly (about 1 hour). Shape into 25-1 inch balls; place in ungreased tiny muffin tins. Press dough against bottom and sides of cups. Dough is easier to work with if it is not allowed to get warm and soft.

FILLING

¼ c. butter
½ c. sugar
1 egg, separated
½ c. raisins
½ c. nuts (pecans)
½ tsp. vanilla

Cream butter and sugar. Add egg yolk and mix. Stir in raisins, nuts, and vanilla. Beat egg white until stiff and fold into mixture. Divide filling between 24 uncooked shells. Bake at 350° until slightly brown, about 20-25 minutes. Cool. Sift powdered sugar over them. Remove from pans.

Mrs. Gloria Blythe



NOTES

CAKES

ANGEL FOOD CAKE

Average | Do ahead | Preparing: 45 min.
Baking: 1 hr.

1½ c. egg whites
1½ c. sugar
1 c. flour
1½ tsp. cream of tartar
¼ tsp. salt
1 tsp. almond flavoring

Sift flour and measure. Add the sifted sugar, cream of tartar, and salt to the flour and sift 3 or 4 times. Have egg whites at room temperature. Beat with flat wire beater until eggs peak well but are not dry. Fold in the sifted dry ingredients 3 or 4 tablespoons at the time. Add the almond flavoring. Do not overheat or overstir. Cook in ungreased angel food tube pan at 325° for 1 hour. The secret of this light, moist cake is in the assembling of the cake. The procedure is different from most angel food cake recipes.

Mrs. Cornelius O. Cathey

BUTTERMILK CAKE

Serves: 12-16

Easy | Do ahead | Freeze | Preparing: 20 min.
Baking: 1 hr.

3 c. flour
½ tsp. soda
½ tsp. baking powder
½ tsp. salt
1 stick margarine
1 stick butter
2 c. sugar
4 eggs
2 tsp. lemon extract
1 c. buttermilk

Cream shortenings and sugar. Add eggs one at a time, beating well after each. Add lemon extract. Sift dry ingredients and add alternately with buttermilk. Pour into 9" tube pan or bundt pan that has been greased and floured well and bake at 350°. Test cake after 1 hour as it may need a few minutes longer.

Mrs. W. C. Etzrodt

BEVERLY'S BON BON BROWNIE CAKE

Yield: 10" x 14" cake

Easy Do ahead Freeze Baking: 35-40 min.

2 sticks margarine
2 c. sugar
4 eggs
1½ c. flour
½ c. cocoa
1 tsp. vanilla
1 c. nuts, chopped
2 doz. marshmallows

Cream together margarine, sugar and eggs. Add the flour, cocoa and vanilla, and mix well. Fold in the chopped nuts. Bake at 350° for 35-40 minutes in greased and floured 10" x 14" pan. 5 minutes before done, cut 2 doz. marshmallows in half and place over surface of cake. Place in oven until slightly brown. After cake is cool, top with chocolate confectioner's sugar icing.

CHOCOLATE CONFECTIONER'S SUGAR ICING

1 box confectioner's sugar
5 tbs. margarine
5 tbs. cream or milk
1 tsp. vanilla
¼ c. cocoa

Cream together the confectioner's sugar and margarine. Add the cream, vanilla and cocoa and spread on top of the cake.

Mrs. Sam Harris

FRENCH CHOCOLATE CAKE

Serves: 8-10

Average Do ahead Baking: 18-20 min.

2 oz. cooking chocolate
1/3 c. butter
½ c. boiling water
1 c. granulated sugar
1½ c. cake flour, sifted
1 tsp. baking powder
½ tsp. salt
1 egg, unbeaten
½ c. boiling water
1 tsp. baking soda
1 tsp. vanilla

Melt the butter and chocolate slowly in a double-boiler. Add the water and sugar, mixing well. Combine the flour, baking powder and salt, and add. Then add 1 unbeaten egg; mix with whip. Combine the baking soda and another ½ cup boiling water. Then add to mixture. Lastly, add vanilla, and beat entire mixture with egg beater. Pour into 6½" x 10½" pan, lined in the bottom only with buttered wax paper, and bake at 350° for 18-20 minutes. Frost with Creamy Butter Frosting.

CREAMY BUTTER FROSTING

1 c. confectioner's sugar
1 square Baker's unsweetened chocolate
2 tbs. soft butter
up to 2 tbs. scalded half 'n half half cream
1 tsp. vanilla
1 shake of salt

Combine above ingredients and mix until smooth. Spread on French Chocolate Cake.

Mrs. Warren A. Cook

MILKY WAY CAKE

Yield: 1 large cake
Preparing: 30-40 min.
Baking: 1-1½ hrs.

Average Do ahead Freeze

8 Milky Way bars, broken in pieces
2 sticks margarine
2 c. sugar
4 eggs
2½ c. flour
1 c. buttermilk
½ tsp. soda
2 tsp. vanilla
1 c. pecans, chopped

Melt Milky Way bars and 1 stick margarine over low heat. Set aside and keep warm while fixing cake. Cream 1 stick margarine and sugar, and add eggs one at a time, beating well after each. Add flour, buttermilk, soda and vanilla. Mix until well blended. Fold in Milky Way mixture and pecans. Bake for 1-1½ hours at 300° in tube pan.

ICING

3 Milky Way bars, broken in pieces
1 stick margarine
1 tbs. milk
1 tsp. vanilla
1 c. powdered sugar, sifted

Melt Milky Ways and 1 stick margarine. Add milk, vanilla, and powdered sugar. Pour over cake while warm.

Mrs. Cora Lea Hullender

MYSTERY MOCHA CAKE

Serves: 8-10
Baking: 40 min.

Easy Do ahead

¾ c. sugar
1 c. all-purpose flour
2 tsp. baking powder
½ tsp. salt
1 square unsweetened chocolate
2 tbs. butter
½ c. milk
1 tsp. vanilla
½ c. brown sugar
½ c. white sugar
4 tbs. cocoa
1 c. cold strong coffee

Mix and sift ¾ cup sugar and 1 cup flour, 2 teaspoons baking powder, and ½ teaspoon salt. Melt 1 square (1 oz.) unsweetened chocolate and 2 tablespoons butter over hot water in double boiler. Add first 2 mixtures and blend well. Combine ½ cup milk and 1 teaspoon vanilla and mix well with other mixture. Pour into a 8" x 8" x 9" greased pan. Combine ½ cup brown sugar and ½ cup white sugar and 4 tablespoons cocoa and sprinkle over batter. Pour 1 cup cold strong coffee over top and bake at 350° for 40 minutes. Best served warm with vanilla ice milk. It can be reheated.

Mrs. Eleanor Windham

GERMAN CHOCOLATE POUND CAKE

Serves: 10-12

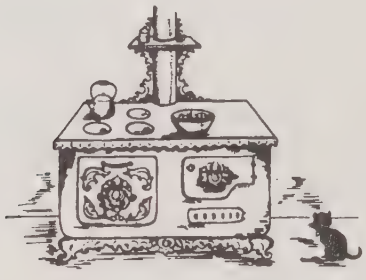
Average Do ahead Freeze Preparing: 25 min.

Baking: 1 hr. 15 min.

3 c. sugar
5 eggs
½ lb. butter
½ c. shortening (Crisco)
1 c. milk
1 pkg. German chocolate
1 square unsweetened chocolate
1 tsp. vanilla
3 c. flour
1 tsp. salt
½ tsp. baking powder

Cream butter and shortening; add sugar, then vanilla. Add eggs one at a time. Melt two kinds of chocolate in double boiler and add to shortening, sugar mixture. Sift flour, baking powder and salt together, and add alternately with milk, beating well after each addition. Pour into 10" tube pan, greased and floured. Bake at 325° for 1 hour 15 minutes. Leave in pan until cool.

Mrs. J. Sib Dorton, Jr.



LEMON POUND CAKE

Serves: 12-14

Easy Do ahead Freeze Preparing: 15 min.

Baking: 1½ hrs.

2 sticks butter or margarine
2 c. plain flour
2 c. sugar
¼ tsp. salt
6 medium eggs
1 tsp. vanilla extract
1-2 tsp. lemon juice

Grease and flour a tube cake or Bundt pan. Cream butter or margarine. Sift flour, sugar, and salt together and add slowly to the creamed shortening, alternating with the eggs, and mixing well after each addition. Add lemon juice and vanilla. Pour mixture into pan and place in *cold* oven set at 300°; turn on oven and bake for 1½ hours.

Mrs. Suzy Cashwell

SOURCREAM POUND CAKE

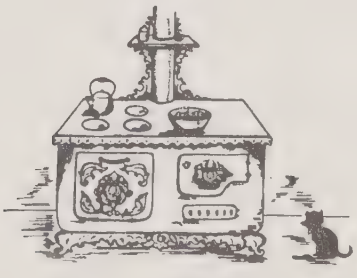
Serves: 10-12
Preparing: 30 min.
Baking: 1 hr. 10 min.

Average Do ahead Freeze

1 c. butter
3 c. sugar
6 eggs
1 c. dairy sour cream
3 c. all-purpose flour, sifted
¼ tsp. baking soda
pinch salt
¾ tsp. vanilla
1 tbs. almond extract

Cream butter. Gradually add sugar, beating until mixture is light. Then add eggs, one at a time, beating well after each addition. Sift flour with soda and salt; add to creamed mixture in thirds, beating after each addition. Then add flavorings. Pour into greased and floured 10" tube or Bundt pan. Bake at 325° for 1 hour 10 minutes. Do not overcook! Do not open oven door during first hour of baking time.

Mrs. James A. Wilde



ZWIEBACK CAKE

Serves: 10
Preparing: 30 min.
Baking: 25-30 min.
Chilling: 12 hrs.

Easy Do ahead

1½ boxes Zwieback, crushed
6 eggs, separated
2 rounded tsp. baking powder
2 c. sugar
1 c. pecans, chopped
1 pt. whipping cream
1 c. sherry

Mix egg yolks with sugar. In another bowl, mix nuts, zwieback and baking powder. Combine the 2 mixtures. Beat egg whites until stiff. Fold whites into combined mixture. Put into 2-9" pans which have been greased and floured. Bake at 300° for 25-30 minutes. Place layers on plates and pour ½ cup sherry on each layer. Put whipped cream between layers and frost over with cream. Put in refrigerator overnight. This is a rather heavy dessert.

Mrs. Gary R. Smiley

FRESH CHUNK APPLE CAKE

Serves: 10-12

Easy | Do ahead | Freeze

Preparing: 20 min.

Baking: 1 hr.

4 c. cooking apples, peeled chopped
2 c. sugar
1 c. nuts, chopped (walnuts or pecans)
½ c. Wesson oil
2 eggs, beaten
1 tsp. vanilla
2 c. flour
1 tsp. salt
2 tsp. baking soda
2 tsp. cinnamon

Mix together apples, sugar, nuts, oil, eggs, and vanilla. Mix flour, salt, soda, and cinnamon. Add the 2 mixtures together. Bake in 13½" x 9" pan, greased and floured, at 350° for 1 hour. After thoroughly cooled top with icing.

ICING

2 c. powdered sugar
½ c. butter, softened
orange juice and/or brandy

Blend together sugar and butter until smooth, adding orange juice and/or brandy to make it spreading consistency.

Mrs. Jane Moe

APRICOT REFRIGERATOR CAKE

Serves: 10-12

Average | Do ahead

Preparing: 30 min.

Chilling: 12 hrs.

1 -12 oz. box dried apricots
2 c. water
1 c. butter
2 c. confectioners' sugar, sifted
4 eggs, separated
juice and grated rind of 1 lemon
1/3 c. granulated sugar
3 doz. lady fingers
½ pt. whipping cream
sliced almonds, toasted
canned whole apricots
fresh mint sprigs

Cook apricots in water until tender and liquid is absorbed. Put through ricer or blender. Cool. Cream butter, add confectioners' sugar, beat until light. Add egg yolks, one at a time and beat well. Beat in apricot pulp, lemon rind, and juice. Beat egg whites until stiff and gradually beat in granulated sugar; beat until sugar is dissolved. Fold in apricot mixture. Line deep 9" spring-form pan (could use a tube pan) with split lady fingers. Stand ends of lady fingers around inside rim of spring-form as if they were a pie crust. Pour in apricot mixture. Chill overnight. Garnish with whipped cream and sprinkle with toasted almonds. When ready to serve, place on serving plate, remove sides of pan (leave bottom of pan under cake). Arrange whole canned unpeeled apricots and mint sprigs around cake. Cut as cake between lady finger sides.

Mrs. Cornelius O. Cathey

TENNY LEHMAN'S SPICE RAISIN CAKE

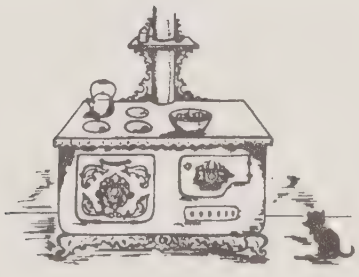
Serves: 9

Easy | Do ahead | Freeze | Preparing: 20 min. | Baking: 35 min.

1 c. raisins
1 c. water
½ c. margarine
½ tsp. baking soda
1 c. granulated sugar
½ tsp. salt
1 tsp. each ground cloves, cinnamon, nutmeg and allspice
½ c. nuts, chopped
1 egg
1½ c. flour

In a medium-sized saucepan, simmer water and raisins for 10 minutes. Add margarine. Sift the soda, sugar, salt, clove, cinnamon, nutmeg and allspice together. Add to mixture in saucepan. Sift in the flour and mix. Add in nuts and mix. Add egg and mix. Pour into greased 9" x 9" pan. Sprinkle sugar and extra chopped nuts on top. Bake at 375° for a minimum of 20 minutes or a maximum of 35 minutes.

Mrs. Suzanne B. Wyatt



BANANA SPICE CAKE

Easy | Do ahead | Preparing: 15 min. | Baking: 1 hr.

½ c. oil
2 c. honey
4 eggs
5 bananas, either chopped or pureed
4 c. whole wheat flour
¾ c. soy flour
2 tsp. cinnamon
1 tsp. nutmeg
1 tsp. allspice
2 tsp. baking soda
2 tsp. salt
1 c. buttermilk or yogurt
1 c. sunflower seeds or chopped nuts
1 tbs. vanilla

Beat oil, honey and eggs together well. Add remaining ingredients and mix well. Pour into 2 well-greased pans and bake 1 hour in preheated 350° oven.

Wildflower Kitchen

CAROLINA FRUIT CAKE

Yield: 11 lbs.

Complicated Do ahead Freeze Baking: 1½ hrs.

1 -4 oz. pkg. candied lemon peel
1 -4 oz. pkg. candied orange peel
1 lb. candied cherries
1 lb. candied pineapple
1 lb. citron
2 boxes white raisins
1 box black seedless raisins
½ lb. dried figs
½ lb. dates
¼ box cake spice (or apple or pumpkin pie spice)
3 (or 4) pts. partially toasted shelled pecans
1 (or 2½) c. sifted flour, rounded, to sift on fruits
12 (or 15) eggs
2 (or 2½) c. sugar
2 (or 2½) c. sifted flour, rounded
1 (or 1¼) lb. margarine

Chop up all fruits and nuts, saving some choice pieces of the lemon and orange peel, cherries, and pineapple for decoration. Put nuts in a pan for baking at 325° for 15 minutes or until half-toasted as they continue to cook with the cake. Put all cut-up fruits and toasted nuts in a large pan for mixing. Sift flour with spices and sift this over the nuts and fruits to separate pieces. Mix thoroughly by hand.

To make batter, cream margarine, add sugar gradually, and then add eggs, one at a time. Add flour to batter and blend in. When well blended, pour batter over fruit-nut mixture and combine thoroughly, coating all fruits and nuts. Pour mixture into a greased roaster and bake in a preheated 350° oven. When top of the mixture is a light brown stir by folding the top over into the center of mixture. Also break up the cooked areas around sides and bottoms and fold into the center of mixture. Do this as quickly as possible. I find every 15 minutes about right for stirring. If you find the mixture gets too brown within the 15 minutes turn oven down about 15° or stir at shorter time intervals. Do not over-brown. As the cake bakes, the batter coating each piece of fruit or nut gets a light brown, and when done the whole mixture is crumbly. Including the stirring time it takes no more than 1½ hours to cook. If the batter coating the fruit is brown and crumbly, you know the cake is ready to be molded. (The batter when done loses its gloss.) If in doubt about doneness, take up.

Remove from oven. Mold in greased pans while the crumbly mixture is hot—dish up a quantity of mixture and pack it firmly about ¾" thick with a spoon, then add another layer in the same way. About 4 well-packed layers should be used per pan. These 4 packings fuse to make a solid cake. Decorate while hot with crystallized fruits and nuts saved out from the recipe. Extra help is good for the molding process, because the mixture will cool before one person can pack all the mixture properly. It can be reheated in roaster

if one packer has to do the whole job. Let cakes sit until cool or overnight. To remove from pans, use a knife around the sides. Put pans on top of an electric unit to get the bottom hot. Then shake the cake out of the pan. Be careful not to burn bottom of cake when heating the pan. Hot water could be used instead of the electric unit.

This cake keeps very well if wrapped in aluminum foil and stored in a cool place. It can also be frozen if the need arises. I prefer to make it up far enough ahead so that the spices have a chance to permeate and the flavors mingle, but it can also be served the day it is made. If packed firmly, the cake will slice thinly. I like to use loaf pans, but round ones are equally satisfactory. The cakes can vary in size from 2 lbs. to 5, and the total yield is 11 lbs. with 3 pints of nuts portion.

Mrs. William C. Friday

BISHOP'S CAKE

Serves: 10-12

Easy Do ahead

Preparing: 15 min.

Baking: 1½ hrs.

3 eggs
1 c. sugar
1½ c. flour
1½ tsp. baking powder
1 tbs. salt
2 c. walnuts
½ c. (4 oz.) chocolate bits (semi-sweet)
1 c. (8 oz.) dates, pitted and halved
1 c. candied cherries, halved (4 oz. red, 4 oz. green)

Combine sugar and eggs; beat well. Stir in sifted dry ingredients; add fruit, nuts, etc. Mix. Bake in foil lined loaf pan at 325° for 1½ hours. An unusual holiday fruit cake. Stores well in air-tight container or refrigerator.

Ms. Patricia Bott

ORANGE BLOSSOMS (INDIVIDUAL CAKES)

Yield: 12 doz.

Average | Do ahead | Freeze | Preparing: 30 min.-1 hr.

Baking: 10 min.

1 c. margarine
2 c. sugar
4 eggs
1 c. milk
4 c. flour, sifted
2 tsp. baking powder
½ tsp. salt
1 tsp. vanilla

GLAZE

1½ boxes Confectioner's sugar
grated rind of 1 lemon and 1 orange
juice of 2 lemons and 2 oranges

Cream margarine and sugar. Add eggs. Beat until fluffy. Sift together dry ingredients. Add alternately with milk. Add vanilla. Bake in tiny muffin tins (greased slightly) for 10 minutes at 375°. Cool. Use fork or tongs to dip each cake in glaze.

Mrs. Carolyn Folds

ORANGE POUROVER CAKE

Serves: 8-10

Easy | Do ahead | Baking: 1 hr.

1 c. shortening
1¼ c. sugar
3 eggs
2½ c. all-purpose flour, sifted
2 tsp. baking powder
1 tsp. baking soda
1 tsp. salt
1 c. buttermilk
1 tsp. vanilla
1 c. pecans, chopped
1 c. dates, chopped
peel of 2 oranges, grated

Cream shortening; add sugar gradually and cream well. Add eggs one at a time; beat well. Sift flour, baking powder, soda and salt together; add to cream mixture alternately with buttermilk. Fold in vanilla and nuts. Pour into 9" x 3" well-greased spring form pan and bake at 375° for 1 hour. Remove cake from oven and allow to cool in pan about 10 minutes. Pour warm sauce over cake slowly and let stand several hours or overnight.

SAUCE

3 oranges
1½ c. sugar

Squeeze juice and pulp from oranges. Add sugar. Bring to boil for a few minutes until sugar is dissolved. Pour over cake.

Mrs. Cornelius O. Cathey

PIES

FOOLPROOF PIECRUST

Yield: 4 piecrusts

Easy Do ahead Freeze

Preparing: 15-20 min.

Chilling: 15 min.

4 c. all-purpose flour
1¾ c. vegetable shortening
1 tbs. sugar
2 tsp. salt
1 tbs. vinegar
1 egg
½ c. water

With 2 forks or a pastry blender, mix first 4 ingredients until the shortening is in small pieces. In a separate dish, beat remaining ingredients Combine the 2 mixtures until all ingredients are moistened. With hands mold dough into 2 balls and chill for at least 15 minutes before rolling it into desired shape. Dough may be left in refrigerator for up to 3 days. No matter how much you handle this dough it will always be flaky and tender. When you roll it out, it will do exactly what you want it to do.

Mrs. R. B. Fitch, Jr.

GRASSHOPPER PIE

Serves: 8

Average Do ahead

Preparing: 30 min.

Chilling: 8 hrs.

14 chocolate creme (Oreo type) cookies, crushed
4 tbs. butter, melted
2/3 c. milk
24 large marshmallows
½ pt. heavy cream, whipped, or a small carton of Cool Whip
2 oz. creme de menthe
1 oz. creme de cacoa (white)
few drops green food coloring

Mix crushed cookies with melted butter. Press into pie pan and chill. Meanwhile, melt marshmallows and milk in double boiler or heavy saucepan. COOL THOROUGHLY! Add liquers and green coloring. Fold into whipped cream and pour into pie shell. Chill at least 8 hours. May be chilled overnight without any loss of flavor.

Mrs. Elaine Barnett

"BILLIE'S" CHOCOLATE PIE

Serves: 6-8

Easy Do ahead Preparing: 15 min.

Baking: 25 min.

1 c. sugar
¼ c. flour
2 eggs
¼ lb. margarine
⅛ tsp. salt
2 squares unsweetened chocolate
1 tsp. vanilla

Combine sugar, flour, salt and unbeaten eggs. Melt chocolate and margarine together; add to sugar mixture. Add vanilla and mix well. Pour into a 8" well-greased pie plate. Bake at 300° for 25 minutes. After cooling, serve with whipped cream.

Mrs. Max Brownstein

FOX HARE INN PIE

Serves: 8

Easy Do ahead Freeze Preparing: 15 min.

Baking: 40 min.

3 eggs
½ c. brown sugar
¼ tsp. salt
2/3 c. light corn syrup
1 c. chocolate chips (small bag)
1 tsp. vanilla
1 c. pecans, cut in small pieces
1 -9" pie shell, unbaked

Beat eggs lightly and add other ingredients. Mix well. Pour into unbaked pie shell and bake 40 minutes at 325°. Filling will be solid when done.

Mrs. Mary Beth Bridges

LEMON CHESS PIE

Serves: 6-8

Easy Do ahead Preparing: 15 min.

½ c. butter
2 c. sugar
1 tbs. flour
5 eggs
juice and grated rind of 3 lemons
1 unbaked pie shell

Cream butter and sugar. Add flour, then well-beaten eggs. Add lemon juice and rind. Mix well and pour into uncooked pie shell. Bake at 325° until light brown.

Mrs. Hubert Neville

LEMON CHESS PIE

Serves: 6-8
Preparing: 30 min.
Baking: 35-40 min.

Average Do ahead

1½ c. sugar
1 tbs. flour
1 tbs. cornmeal
3 tbs. butter, melted
3 eggs
3 tbs. milk
3 tbs. lemon juice
3 tbs. lemon rind, grated
1 pie shell

Mix sugar, flour, cornmeal and slowly add to slightly beaten whole eggs. Then add the melted butter, milk, lemon juice and grated lemon rind. (If you should use corn or vegetable oil instead of butter, add a dash of salt.) Place in unbaked pie shell and bake for 35-40 minutes at 375°. Filling may be made ahead but do not place in pie shell until ready to bake.

Mrs. Treva Richardson

LEMON FROST PIE

Serves: 6-8
Preparing: 45 min.
Chilling: 3 hrs.

Average Do ahead Freeze

2 egg whites
2/3 c. sugar
2 tsp. lemon peel, grated
¼ c. lemon juice
5 drops yellow food coloring
1 c. whipping cream
1 -9" pie shell, baked or crumb crust

Whip the egg whites, lemon peel and food coloring; add sugar gradually and beat to stiff peaks. Add lemon juice and whip again until stiff. In separate bowl whip cream; fold into lemon mixture. Chill or freeze in the prepared baked crust—either crumb or regular pie crust. Top with blueberry sauce. See below.

BLUEBERRY SAUCE

2/3 c. sugar
1 tbs. cornstarch
dash of salt
2/3 c. water
2 c. blueberries, fresh or frozen

Combine the sugar, cornstarch and salt. Add 2/3 cup water. Cook and stir until thick. Cook 2 minutes more. Add the blueberries. Return to boiling. Chill.

Mrs. R. B. Fitch, Jr.

LEMON MERINGUE PIE

Serves: 6-8

Average | Do ahead | Preparing: 1½ hrs.

Baking: 8-10 min.

1½ c. sugar
1/3 c. and 1 tsp. cornstarch
1½ c. water
3 egg yolks, beaten slightly
3 tbs. margarine
6 tbs. lemon juice
1 1/3 tbs. lemon rind, grated
1 -9" pie shell, baked

Mix sugar and cornstarch in saucepan; add water. Cook over moderate heat, stirring constantly until thickened. Boil 1 minute. Slowly stir half hot mixture into 3 egg yolks which have been slightly beaten. Then beat all together into hot mixture in saucepan. Boil 1 minute longer, stirring constantly. Remove from heat. Continue stirring until smooth and thick. Blend in margarine, lemon juice and rind. Pour into 9" pie shell and cover with meringue.

MERINGUE

5 egg whites
½ tsp. cream of tartar
8 tbs. sugar

Combine ingredients and beat until it stands in peaks. Pile on top of lemon filling in baked pie shell and bake at 400° for 8-10 minutes or until delicately brown. Cool and serve.

Mrs. J. Astrella

RUM PIE

Serves: 6 or more

Easy | Do ahead | Preparing: 30 min.

Chilling: 12 hrs.

3 egg yolks
½ c. sugar
¾ tbs. gelatin
¼ c. cold water
½ pt. whipping cream
¼ c. jamaica rum
1 pie crust or chocolate wafer shell

Separate eggs. Beat yolks until light, adding ½ cup sugar slowly. In meantime soak gelatin in cold water, then place over hot water to dissolve. Pour over sugar and egg mixture, stirring briskly. Whip cream until stiff and fold into egg mixture. Add ¼ cup rum. Cool but do not allow to set. Pour into baked pie shell or chocolate wafer pie shell. Place in refrigerator overnight. Just before serving, grate bitter-sweet chocolate over top.

Mrs. Treva Richardson

PUMPKIN CHIFFON PIE

Serves: 8

Easy | Do ahead | Freeze

Preparing: 30 min.
Chilling: 12 hrs.

3 eggs, separated
1½ c. cooked pumpkin (canned)
¾ c. brown sugar
½ c. sweet milk (or ¼ c. water and ¼ c. evaporated milk)
1 tsp. salt
1 tsp. cinnamon
½ tsp. nutmeg
1 envelope plain gelatin
¼ c. cold water
¼ c. granulated sugar
1 -9" baked pie shell

Separate 3 eggs and beat yolks. Into top of double boiler put cooked pumpkin. Add brown sugar, sweet milk, salt, cinnamon, nutmeg and egg yolks. Cook over boiling water, stirring often, for 15 minutes. Remove from heat and let cool (can set pot in bowl of cool water). When cool (but not cold) mix 1 envelope plain gelatin in cold water and let it dissolve. Then stir into pumpkin mixture. Let cool to lukewarm. Beat egg whites until stiff with sugar added, gradually, while beating. Fold this mixture into lukewarm pumpkin mixture with fork or wire whisk. Pour into 9" cold pie shell. Set in refrigerator on very level surface. Chill overnight. Serve small pieces topped with whipped cream or slivered toasted almonds.

Mrs. Ronald W. Mann

NUT SURPRISE PIE

Serves: 8

Easy | Do ahead

Preparing: 20 min.
Baking: 30 min.
Chilling: 8 hrs.

whites of 4 eggs
1/3 c. sugar
¾ tsp. baking powder
¾ tsp. vanilla
1 c. walnuts or pecans, chopped
20 Ritz crackers, rolled fine
1½ pt. heavy cream

Beat egg whites stiff; beat in sugar. Fold in baking powder, vanilla, and Ritz crackers which have been rolled fine. Pour in 9" pie plate which has been well greased. Preheat oven to 350°. Turn to 325° when putting pie in. Bake for 30 minutes. Cool and cover with whipped cream to taste. Place in refrigerator for at least 8 hours before serving. Sprinkle with nut crumbs for garnish. The secret of this pie is the moisture draining from the whipped cream into the meringue-like base. The moisture transforms the ingredients into a delightful taste sensation. When doubling the recipe use a 11¾" x 7½" x 1¾" pyrex dish. There is always some left over to fill a small pie plate.

Mrs. Edward L. Hogan

JAPANESE FRUIT PIE

Serves: 6

Easy | Do ahead | Freeze

Preparing: 15 min.
Baking: 40 min.

1 stick margarine, melted
2 eggs, beaten
½ c. pecans, chopped
½ c. coconut, grated
½ c. raisins, white or dark
1 tbs. vinegar
1 c. white sugar
1 -9" pie shell, unbaked

Mix sugar, eggs, pecans, coconut, raisins and vinegar. Beat well adding melted margarine last. Pour into unbaked 9" crust. Bake for 40 minutes, approximately, at 300°. Let cool before cutting.

Mrs. Nell Morton

SQUASH PIE

Yield: 2 pies

Average | Do ahead

Preparing: 1 hr.
Baking: 30-40 min.

2 medium-sized Butternut squash
2 c. sugar
½ c. flour (plain)
4 large or 5 small eggs
1 tsp. vanilla
1 stick margarine
½ c. evaporated milk
1½ tsp. pumpkin pie spices (or more)
nutmeg, extra freshly grated (optional)
2 -9" pie shells, unbaked

Peel and core squash. Dice small and simmer in a little water until tender about 30 minutes. Drain. Add other ingredients and beat with electric mixer at low speed for 5-10 minutes or until smooth. Pour into unbaked pie shells. Bake at 375° for 30-40 minutes or until knife inserted in middle of pie comes out clean.

Mrs. Suzy Cashwell

STRAWBERRY CREAM PIE

Serves: 6-8

Easy | Do ahead

Preparing: 10 min.
Chilling: 4 hrs.

1 can Eagle Brand Condensed milk
¼ c. lemon juice
1 pt. fresh strawberries, sliced (frozen may be used)
1 -9" pastry pie shell, baked

Mix lemon juice in milk and add strawberries. Then top with whipped cream after putting mixture in baked pie crust. Add a little sugar and vanilla to cream before whipping. Let pie sit in refrigerator several hours before serving. This cannot be kept for more than 24 hours. Serve when the whole pie can be used at once.

Mrs. Rachel R. Avery

COOKIES AND CANDIES

ALMOND GINGER SESAMES

Yield: 3-4 doz.

Average | Do ahead

Preparing: 45 min.

Baking: 10-12 min.

½ c. butter
1 c. brown sugar
1 egg
1 tsp. vanilla flavoring
¼ tsp. almond flavoring
1½ c. flour
½ tsp. baking powder
¼ tsp. salt
¼ tsp. mace
¼ c. candied ginger, chopped
½ c. almonds, chopped, toasted
3 oz. sesame seeds

Cream butter and sugar. Beat in egg and flavorings. Add sifted dry ingredients. Stir in ginger and almonds. Shape in small balls; roll in sesame seeds. Place on greased cookie sheet 3" apart. Flatten with bottom of glass. Bake at 350° for 10-12 minutes. *Watch*—only edges should brown.

Mrs. Olin T. Mouzon

CHOCOLATE CRINKLE COOKIES

Easy | Do ahead

Preparing: 30-40 min.

Chilling: several hrs.

Baking: 10-12 min.

½ c. Wesson oil
4 squares unsweetened chocolate
2 c. sugar
4 eggs
2 tsp. vanilla
½ tsp. salt
2 c. flour
2 tsp. baking powder
1 c. confectioner's sugar

Mix oil, chocolate and sugar. Blend in 1 egg at a time until well mixed. Add vanilla. Stir in salt, flour and baking powder. Chill several hours. Drop a teaspoon of dough in confectioner's sugar. Roll around and shape into ball. Place 2" apart on greased cookie sheet. Bake 10-12 minutes at 350°.

Mrs. Bunny Schroeer

CHOCOLATE DROP COOKIES

Yield: 3½ doz.

Average Do ahead

Preparing: 15 min.

Baking: 8-10 min.

¼ c. soft shortening
¼ c. soft butter
1 c. sugar
1 egg
2 squares unsweetened chocolate, melted and cooled
¾ c. buttermilk
1 tsp. vanilla
1¾ c. plain flour, sifted
½ tsp. soda
½ tsp. salt
1 c. nuts, chopped

Mix shortening, butter, sugar, egg and chocolate thoroughly. Stir in buttermilk and vanilla. Blend flour, soda and salt; stir in. Mix in nuts. Chill at least 1 hour. Preheat oven to 400°. Drop dough by the teaspoonful 2" apart on lightly greased cookie sheet. Bake 8-10 minutes or until no imprint remains when touched lightly.

Mrs. Alexander Kaplan

CHRISTMAS COOKIES

Average Do ahead Freeze

Preparing: 1 hr.

Chilling: 12 hrs.

Baking: 7-10 min.

1 lb. butter, melted
2½ c. sugar
3 eggs
½ tsp. salt
1 tbs. molasses
1 tsp. vanilla
5½ c. flour
1 tsp. baking powder

Mix together sugar, eggs, and salt. Add the butter. Then add the remaining ingredients. Put in refrigerator overnight or until hard. Add nuts, raisins, or leave plain. Roll out thin. Cut, quickly before dough becomes soft, with Christmas cutters and decorate with red, green, silver balls, cinnamon. Bake 7-10 minutes at 300°-350°.

Mrs. George Ham

OATMEAL COOKIES

Yield: 6 doz.

Easy Do ahead

Preparing: 1½ hrs.

Baking: 12 min.

3 eggs
1 c. raisins
1 c. brown sugar
1 c. white sugar
1 c. margarine
2 c. quick oats
2½ c. white flour, sifted
1 tsp. salt
2 tbs. soda
1 tsp. cinnamon
1 tsp. vanilla
½ c. nut meats

Mix eggs and raisins, and set aside for 1 hour. When you get ready to bake, mix sugars and margarine together. Then combine oats, flour, salt, soda, and cinnamon. Mix well, then combine with creamed mixture. Add egg and raisin mixture, vanilla and nuts. Bake at 350° for 12 minutes on greased cookie sheet. Cookies will be soft to the touch. Leave on cookie sheet 1 minute before removing.

Mrs. Dan Tracy

PECAN CRISPIES

Yield: 5-6 doz.

Easy Do ahead Freeze

Preparing: 15 min.

Chilling: 8 hrs.

Baking: 12-15 min.

1 stick margarine
1 stick butter
1 box dark brown sugar
¼ c. white sugar
2 eggs
2½ c. flour
¼ tsp. salt
½ tsp. baking soda
1 c. pecans, broken

Cream margarine, butter and sugar. Add eggs; beat well. Add sifted dry ingredients. Mix well. Stir in nuts. Chill dough thoroughly at least 8 hours. Drop by teaspoon 2" apart onto greased cookie sheet. Bake 12-15 minutes at 350°.

Mrs. Harold Langenderfer

DIAMOND COOKIES

Easy Do ahead Preparing: 30-40 min.
Baking: 10-12 min.

½ lb. butter
1 1/3 c. sugar
1 egg yolk
1 tsp. cinnamon
2 c. flour
1 egg white
1 c. nuts, chopped fine (almonds, pecans or walnuts)

Let butter soften to room temperature. Cream butter and sugar. Add egg yolk and mix well. Sift flour and cinnamon together then add to butter mixture. Mix well. Divide dough in half. Place half of dough on each of 2 cookie sheets or jelly roll pans. Pat and press the dough with fingers or roll with lightly floured rolling pin into a thin (¼") rectangle. Beat egg white until foamy and brush on top of each rectangle. Sprinkle top with chopped nuts. Bake at 350° for 10-12 minutes. Cool. Cut on the diagonal to make diamonds.

Mrs. Sandra Pearlman

KOULOURAKIA

Yield: 8-10 doz.
Average Do ahead Freeze Preparing: 1 hr.
Baking: 10-15 min.

½ lb. sweet butter
½ stick margarine
¼ c. cooking oil
4 eggs (save 1 white)
2 c. sugar
3 tsp. baking powder
8-10 c. plain flour
sesame seeds
1 tsp. vanilla
1 tsp. baking soda
½ c. orange juice

In large bowl, cream until fluffy butter, margarine, oil and sugar. Add eggs; mix well. Add baking powder, soda, vanilla, orange juice. Stir in flour, mixing well until mixture is a soft dough and can be handled. Roll small amounts into pin wheel shapes, twists and plaits. Brush tops with egg white then sprinkle with sesame seeds. If dough becomes too stiff, add more orange juice to make it workable again. Bake at 350° for 10-15 minutes. This is a delicious Greek cookie, not too sweet. Especially good at Christmas and Easter.

Mrs. Harry Domnas

"SANDS" (COOKIES)

Yield: 3 doz.

Easy | Do ahead

Preparing: 20 min.

Baking: 45-60 min.

½ lb. margarine
4 tsp. vanilla extract
4 tbs. powdered sugar
2¾ c. plain flour, unsifted
½-¾ c. nuts, chopped
1 c. powdered sugar

Cream margarine with vanilla and 4 tablespoons powdered sugar. Add flour, 1 cup at a time. Add nuts last. Roll into small "fingers" about 2½" long—not too thin—actually about the thickness of a man's thumb. Place on greased cookie sheet and bake 45-60 minutes at 275°. Cookies should be light brown. When cookies are light brown, remove from oven and cool. When cool, place 6-8 cookies at a time into a bag filled with the extra powdered sugar. Shake gently and continue to coat all cookies with the powdered sugar. Store in a tightly covered container.

Mrs. Lea Sutker

TOLL HOUSE COOKIES WITH OATMEAL

Yield: 100

Average | Do ahead

Preparing: 45 min.

1½ c. flour, sifted
1 tsp. soda
1 tsp salt
1 c. shortening
¾ c. brown sugar, firmly packed
¾ c. granulated sugar
2 eggs, unbeaten
1 tsp. hot water
1 c. nut meats, chopped finely (optional)
1-2 pkg. semi-sweet chocolate bits
2 c. oatmeal (quick, or regular, uncooked)
1 tsp. vanilla

Sift flour before measuring, then sift with soda and salt. Cream shortening until soft. Add sugars gradually, creaming until light and fluffy. Add eggs one at a time, beating after each addition, add hot water to creamed mixture, then sifted dry ingredients. Add nut meats, chocolate bits and oatmeal, and mix thoroughly. Add vanilla and blend well. Drop by half teaspoons on a greased cookie sheet. Bake at 375° for 8 minutes.

Mrs. Miles Fitch

SNOWBALL COOKIES

Yield: 30 cookies

Average | Do ahead

Preparing: 20 min.

Baking: 20 min.

½ c. butter
1 tsp. vanilla
¼ c. sifted confectioner's sugar
1 c. cake flour
⅛ tsp. salt
1 c. pecans, chopped

Cream butter; add vanilla, then sugar, gradually beating until light and fluffy. Add flour and salt gradually to mixture. Stir in pecans. Form into balls (about 1 teaspoonful). Place on ungreased cookie sheet. Bake at 325° for 20 minutes. When slightly cool, roll in confectioner's sugar.

Mrs. Dennis Appleyard

SUGAR AND SPICE COOKIES

Yield: 6 doz.

Easy | Do ahead

Preparing: 15 min.

Baking: 10 min.

¾ c. soft margarine
1 c. sugar
1 egg
¼ c. molasses
2 c. flour
2 tsp. baking soda
1 tsp. cinnamon
¾ tsp. cloves
¾ tsp. ginger
¼ tsp. salt

Mix together margarine, sugar, egg, and molasses. Sift together remaining dry ingredients. Mix all ingredients together well. Drop on greased cookie sheet about 2″ apart. Bake for 10 minutes at 350°. While still warm, dip tops in shallow bowl of sifted confectioner's sugar.

Mrs. George W. Houston

BUTTER CREAMS (DIPPED)

Average | Do ahead | Freeze | Preparing: 1 hr.
Chilling: several hrs.

1 box confectioner's sugar
1 stick margarine or butter, softened
1 tsp. vanilla or pure mint
½ box unsweetened chocolate
paraffin wax

Beat sugar and margarine until light. Add vanilla or mint and enough milk to make a consistency which will allow you to roll it into small balls, about ¾". Refrigerate or let harden by cooling. Later, melt ½ box of unsweetened chocolate and add several thin slices of paraffin wax. Using something similar to an ice pick or pickle fork, dip the butter cream balls into the chocolate, and place them on wax paper. A pecan, candied fruit or maraschino cherry may be added to the top, if desired. These should be kept in the refrigerator.

Mrs. Betty Hutton

FUDGE

Yield: 1 lb.

Easy | Do ahead | Preparing: 1 hr.

2 c. sugar
1 tbs. brown sugar
3 squares chocolate
pinch salt
2/3 c. milk
½ stick butter
½ c. nuts
1 tsp. vanilla

Mix sugars, chocolate, salt and milk in pan and stir until it boils. Cook to soft ball stage (pick up ball and roll in fingers). Take off stove and add ½ stick butter—do not stir. Set pan in cold water and cool. When just warm, heat until stiff—add nuts and 1 teaspoon vanilla. Drop by teaspoonful on wax paper. If it gets too hard to drop, pour in pan and cut.

Mrs. Miles Fitch

ALMOND TOFFEE (OR PECAN)

Yield: 2 lbs.

Easy | Do ahead | Preparing: 1 hr.

Cooking: 15 min.

1 lb. margarine
2 c. sugar
6 tbs. water
2 tbs. white corn syrup
pinch salt
1 tsp. vanilla
2 -4 oz. pkg. German's sweet chocolate
1 c. pecans or almonds (coarsely ground)

Combine butter, sugar, water, corn syrup, salt and vanilla in large heavy pot. Cook, stirring constantly, until thermometer registers 290°. Pour into 2 large buttered baking sheets with ½" sides. Let cool in whatever form it assumes. Melt chocolate over hot water, and spread over cool, hardened candy. Sprinkle with nuts immediately. After hardened break into pieces.

Mrs. Coolie Cart Monroe

PEANUT BUTTER FUDGE

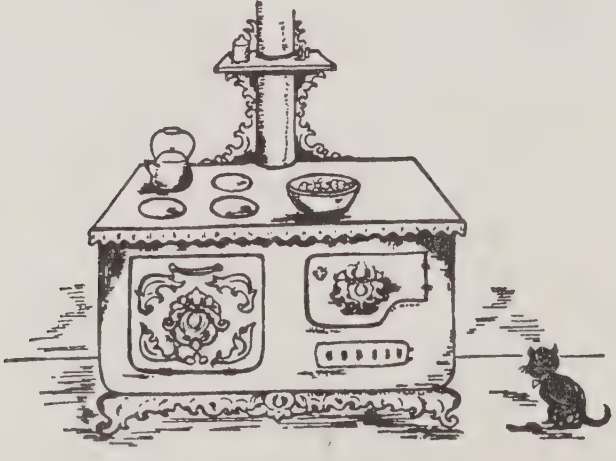
Yield: 2 lbs.

Complicated | Do ahead | Preparing: 1½ hrs.

2 c. firmly packed light brown sugar
2 c. granulated sugar
1 c. milk
¼ tsp. salt
¼ tsp. cream of tartar
½ c. crunchy peanut butter
2 tsp. vanilla

Butter the sides and bottom of an 8" square cake pan. In a heavy, straight-sided 4 qt. saucepan, stir together the sugars, milk, salt, and cream of tartar. Cook over medium heat stirring until the sugars dissolve and the mixture boils. Continue cooking until temperature reaches 234° on candy thermometer. Remove from heat. Add vanilla and then add peanut butter, but do not stir it in. Cool mixture until temperature drops to 115° (may take an hour). Beat mixture until it thickens and turns lighter in color—about 3 minutes. While it can still flow from the pan, pour it into buttered pan. Cool. Cut into squares.

Mrs. Jill Meares



ODDS AND ENDS

GRANOLA CEREAL MIX—ORGANIC

Yield: 1 gal.

Easy Do ahead Freeze

Preparing: 20-25 min.

Baking: 1 hr.

Mixture #1

½ c. sunflower seeds, blended into meal with blender
3 qts. oatmeal
½ c. chopped unsulfered dates or figs
½ c. chopped sun-dried, unsulfered, seedless raisins
1 c. unsweetened coconut
½ c. soy flour
1 c. stone ground cornmeal
1 c. chopped nuts (peanuts, walnuts, pecans or almonds)
½ c. seeds (sesame, pumpkin or sunflower)
¼ c. wheat germ

Mixture #2

½ c. date sugar (or brown sugar)
1 1/3 c. water
1 1/3 c. raw honey
2 c. cold pressed sesame seed oil

This is a "natural food" recipe. It is highly nutritious as it is high in protein and has lots of vitamins and minerals. All the items used in this can be purchased at any health food store and some items are available in the local supermarkets. Mix first group of ingredients in a very large bowl. Mix together separately the next group of ingredients. Combine mixtures. It should be moist, chunky and crumbly. If too moist, add more oats. Spread thinly on cookie sheets. Bake for 1 hour at 225° or until light brown. This is a "freewheeling" recipe. You may add or subtract as your pantry or pocketbook dictates. But for best results, use it all. This may be served as a "snack" food or as a breakfast food with milk, yoghurt, applesauce or sliced fruit (soy milk or nut milk for the health food purist) or any other time you get hungry and need some instant energy. Keep what you are currently using in refrigerator for this "live" food will become rancid if not kept cool. There are no artificial or harmful preservatives used in this, so care must be taken to keep it fresh, pure and unadulterated.

Mrs. F. M. Simmons Patterson

BELGIAN CHEESE CROQUETTES

Serves: 6

Complicated | Do ahead

Preparing: 2½ hrs.
Chilling: 45 min.
Cooking: 30-40 min.

4 tbs. butter or margarine
1/3 c. all-purpose flour, sifted
1½ c. milk
dash white pepper
dash ground nutmeg
3 egg yolks, slightly beaten
4 c. (16 oz.) natural Swiss cheese, shredded
2 eggs
½ c. milk
½ c. all-purpose flour
1 c. fine dry bread crumbs
cooking oil

In skillet, melt butter or margarine; blend in 1/3 c. flour and add the 1½ c. milk all at once. Cook and stir until thickened. Add pepper and nutmeg. Stir a moderate amount of hot mixture into egg yolks. Return to saucepan. Cook for 10 minutes, stirring constantly. Add cheese, stirring until smooth. Spread in an oiled 11" x 7" x 1½" baking pan. Chill until firm. Cut into 12 portions, or smaller if desired. Beat together the 2 eggs and the ½ c. milk. Roll croquettes into flour, dip into egg mixture, then roll gently into bread crumbs to coat. Fry in deep hot fat (375°) until golden brown and heated through, about 2-3 minutes. Serve hot immediately with tomato sauce. Great for a luncheon meal or a dinner with salad and vetetables.

TOMATO SAUCE

1/3 c. onion, diced
1 slice bacon, crumbled
1 tbs. butter or margarine
1 can condensed beef broth
½ c. tomato purée
¼ c. ketchup
2 tbs. carrot, diced
1½ slices white bread

Cook bacon and onion in margarine until tender. Stir in the remaining ingredients and cover. Cook over low heat for 30 minutes. Press through a sieve, and reheat to serve. Makes 1¼ c. sauce. The sauce may be prepared ahead and frozen if desired.

Mrs. Ann Peyton

QUICHE LORRAINE

Serves: 6

Average | Do ahead | Freeze

Preparing: 30 min.

Baking: 50-55 min.

1 -9" pie shell, uncooked
1 small onion, sliced thinly
¼ c. butter
½ lb. fresh mushrooms, sliced
¼ lb. bacon, cooked and crumbled
½ lb. cheddar cheese, grated
½ tsp. salt
¼ tsp. nutmeg
⅛ tsp. pepper
2 large eggs
¾ c. milk

This is an unusual quiche in that it is made with cheddar cheese. Sauté onion in butter; add mushrooms and continue to cook 4-5 minutes. Sprinkle pie shell with crumbled bacon. Cover with mushroom-onion mixture. Then add layer of grated cheese. Beat together seasonings, milk and eggs slightly. Pour into pie shell over other ingredients. Bake at 450° for 12 minutes, then at 300° for 35-40 minutes.

Mrs. Polly Moreau

EGGS RANCHERO

Serves: 8

Easy | Do ahead

Preparing: 10 min.

Cooking: 40 min.

4 large tomatoes
4 large onions
½ c. bacon grease
hot sauce
salt
pepper
garlic salt or powder
8 eggs
8 tortillas

Chop onions and tomatoes and simmer all ingredients 20 minutes covered. Taste and adjust seasonings and simmer 20 minutes uncovered. Serve over eggs fried in butter as desired and placed on warmed, crisp tortillas. May be served for a brunch or with slaw and refried beans for supper.

Mrs. Ben F. Loeb, Jr.

DEVILED EGG CASSEROLE

Serves: 6

Average | Do ahead | Preparing: 20-30 min.

Baking: 30 min.

16 hard-boiled eggs
1 tsp. salt
1 tsp. dry mustard
½ c. mayonnaise
3 tbs. light cream
1 tsp. lemon juice
dash black pepper
4 c. medium cream sauce
½ c. sharp cheese, grated
2 c. bread crumbs, browned, buttered

Devil eggs by adding salt, mustard, mayonnaise, cream, lemon juice, and pepper to yolks that have been put through sieve. Cover bottom of baking dish with eggs; cover with cream sauce to which cheese has been added. Top with buttered bread crumbs. Bake in moderate oven (350°) for about 30 minutes until sauce bubbles up through the bread crumbs. This is an excellent side dish to serve at buffet suppers with sliced cold ham and a green salad.

LUNCHEON DISH VARIATION

Use left-over ham ground and sprinkled over deviled egg casserole.

MAIN DISH VARIATION

Reduce eggs to eight. Use 2 pounds of cooked shrimp, alternating layers of shrimp and deviled eggs. Cover with sauce and top with buttered bread crumbs.

Mrs. Cornelius O. Cathey

PEARL BARLEY CASSEROLE

Serves: 6

Easy | Do ahead | Preparing: 20 min.

Baking: 1 hr. 20 min.

1 c. medium pearl barley
½ c. pine nuts
½ c. margarine
1 c. onion, chopped
1 c. parsley, chopped
½ c. chives, chopped
6 c. beef bouillon
1 tsp. salt
black pepper

Sauté pine nuts for 5 minutes. Remove nuts and sauté onion in same skillet for 5 minutes. Add barley and brown lightly, stirring constantly. Add parsley, chives, bouillon, salt and pepper, and half of the nuts, and pour into a casserole. Bake in 350° oven for 1 hour. Stir once after 30 minutes. Sprinkle remaining nuts over top and bake for 20 minutes more. Serve with roast lamb or may be used as a meat substitute.

Mrs. Lawson P. Wynne

MACARONI, BROCCOLI, AND CHEESE CASSEROLE

Serves: 4

Easy Do ahead Freeze

Preparing: 15 min.
Simmering: 15 min.

1 large onion, chopped
½ c. sunflower seeds
½ c. raisins
2 plump tomatoes, sliced or 1 small can whole tomatoes
3 c. broccoli, chopped
2 c. whole wheat or buckwheat macaroni elbows cooked al dente
2 tbs. sesame seeds
2 tbs. oil (any unrefined oil or an oil and butter mixture)
2 tsp. seasalt
2 tsp. lemon or lime juice
2 tsp. parsley, dried or fresh
1 tsp. garlic, powdered or 1 clove fresh
2 tsp. basil
1 c. cheddar cheese, grated

In pan, sauté onions, sunflower seeds, raisins, sesame seeds, parsley, garlic and basil in the oil for 3 minutes. Add tomato and broccoli and cook for 5 minutes over low flame. Add macaroni, lemon juice and salt. Cover and cook until bubbly hot and broccoli is tender but not soggy. Place in a casserole and melt grated cheese on top in oven.

Wildflower Kitchen

CHILI RELLENO CASSEROLE

Serves: 6

Easy Do ahead

Preparing: 20 min.
Chilling: 4-12 hrs.
Baking: 50 min.

4 slices firm white buttered bread
2 c. sharp cheddar cheese, shredded
2 c. jack cheese, shredded
1 can (4 oz.) green chilies, seeds removed and minced
6 eggs
2 c. milk
2 tsp. salt
2 tsp. paprika
1 tsp. crumbled oregano
½ tsp. pepper
¼ tsp. garlic powder
¼ tsp. dry mustard

Trim crusts from the bread and spread on 1 side with butter. Arrange bread, buttered side down, on a 7½" x 11½" baking pan. Sprinkle the cheddar cheese evenly over the bread slices; then sprinkle the jack cheese over the cheddar. Next sprinkle the chilies over the top. In a bowl, beat the eggs. Add the milk and seasonings. Beat until well blended. Pour egg mixture over the cheese mixture. Cover and chill overnight or at least 4 hours. Bake, uncovered at 325° about 50 minutes, or until top is lightly browned. Let stand 10 minutes before serving.

Mrs. Frank W. Klingberg

REUBENS

Yield: 4 sandwiches

Easy | Do ahead

Preparing: 20 min.

Baking: 10 min.

Pumpernickel or rye bread
½ c. Thousand Island dressing
corned beef, sliced thin
1 -10 to 15 oz. can Sauerkraut, drained
Swiss cheese, sliced
butter or margarine

Spread bread with dressing. (Dressing may be bought or made by mixing 4-5 tablespoons each mayonnaise and ketchup, and 2-3 tablespoons sweet relish.) Then layer corned beef, sauerkraut and Swiss cheese. Spread top piece of bread lightly with margarine or butter or leave open-face. Place in 400° oven until brown, around 10 minutes. Should be served immediately after heating.

Mrs. Ann Hamby

SUBMARINE SANDWICHES

Serves: 4

Average | Do ahead

Preparing: 30 min.

Baking: 20-30 min.

4 submarine sandwich buns
1 lb. hamburger
4 tbs. mayonnaise
4 tbs. prepared mustard
4 tbs. ketchup
4 slices Swiss cheese
4 slices mozzarella cheese
4 slices cooked ham
8 slices corned beef
2 large dill pickles
1 medium onion, diced

Cut buns almost through lengthwise, leaving a small section attached so buns will still hold together as one unit. Scoop out most of bread inside, both top and bottom halves. Spread 1 tablespoon mayonnaise on one side of each bun and 1 tablespoon mustard on the other side of each bun. Brown hamburger and onion. Drain grease off hamburger. Divide hamburger into 4 equal portions and place on buns. Next put 1 tablespoon ketchup on hamburger. Layer cheeses and sliced meats, alternating each. Place one half dill pickle (sliced) on top of all ingredients. Wrap sandwiches in tin foil and store in refrigerator until ready to serve. Just before serving, open each sandwich and pour 1 teaspoon water over each. Warm sandwiches for 20-30 minutes at 350°.

Mrs. Kim Patterson

HOT CRAB SANDWICH

Serves: 8

Easy Do ahead

Preparing: 15 min.

Baking: 1 hr.

16 slices of white bread
butter
1 -10 oz. pkg. sharp cheddar cheese, grated
12-16 oz. frozen king crab, thawed
6 eggs
1½ tsp. salt
2½ c. milk

This is an easy, quickly prepared dish and a nice main dish for a ladies' luncheon. Butter 2 8" x 8" dishes. Trim crusts from bread. Butter on one side only. Put layer of bread slices (4) in each baking dish, buttered side up. Sprinkle cheese over bread. Add crab, distributing evenly over cheese. Beat eggs, add salt and milk, beating until well blended. Place remaining slices of bread, buttered side down, over the cheese and crab. Pour milk-egg mixture over the sandwiches. Refrigerate at least 4 hours. The sandwich may be prepared the night before. Remove from refrigerator about 1 hour before baking. Bake 1 hour in a 325° oven. It may take a bit longer, but the egg mixture should be fairly firm when done. Serve immediately after cooking.

Mrs. William A. Terrill

BUMSTEADS (SANDWICH FILLING)

Yield: 8-10

Easy Do ahead

Preparing: 20-30 min.

Baking: 20 min.

1 -9¼ oz. can tuna
¼ lb. American cheese, ground
3 hard-boiled eggs, chopped
2 tbs. onion, minced
2 tbs. sweet pickle, ground
½ c. mayonnaise
hot dog buns

Mix ingredients together. Put into hot dog buns. Brush buns with melted butter. Cover with foil and put into slow oven (250°) for 20 minutes. Just before serving take foil off and broil until brown.

Mrs. Judy Bauman

SOUTH AFRICAN APRICOT CHUTNEY

Complicated Keeps indefinitely Preparing: 1 hr. 45 min.
Marinating: overnight

1 lb. dried apricots
1 lb. white raisins
1 qt. cider vinegar
4 large onions
1 lb. sugar
2 large cloves garlic, pressed in garlic press
3 tbs. Jamaica Ginger
¼ c. salt
12 red chilies (dry pods)

Remove seeds from chilies and soak overnight. Next day chop *very fine*, being careful because they can burn. Put apricots, raisins, onions through meat grinder. Add pressed garlic and finely chopped chilies. Add rest of ingredients. Cook, stirring, and WATCH, on low heat for 1 hour. It will stick even if you stir every 5 minutes. Place in glass jars and apply a tight lid. This is troublesome because of the sticking, but it is worth the trouble.

Mrs. Marian Cook

DILLY OKRA

Easy Do ahead Preparing: 10 min.

small okra
2 c. vinegar
2 c. water
1 tbs. salt
½ tsp. red pepper
1 clove garlic
1 tsp. dill seed

Wash and pack okra in jars. To each jar, add above indicated amounts of pepper, garlic, and dill. Heat vinegar, water and salt. Bring to a boil and stir. Pour over okra and seal jars.

Mrs. C. B. Robson

LAZY WOMAN'S PICKLE

Easy Do ahead Marinating: 6 wks.

whole small cucumbers
vinegar
2 tbs. salt
2 lbs. sugar
2 tbs. whole cloves, allspice
stick of cinnamon

Put enough whole small cucumbers in a half gallon jar to fill it up. Fill jar with vinegar; add 2 tablespoons of salt. Let set at least six weeks. Can be left as long as a year. Take cucumbers out of jar. Slice into thin serving sized pieces. Pack a layer of cucumbers and a layer of sugar until 2 lbs. of sugar is used for the above amount of cucumbers. Add 2 tablespoons each of whole cloves and allspice and a stick of cinnamon.

Miss Lois Sweaney

ARTICHOKE RELISH

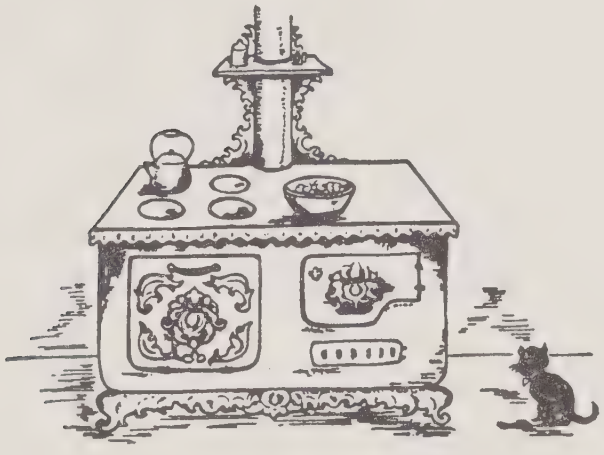
Yield: about 1 doz. jars

Easy Do ahead Simmering: 30 min.

½ peck of Jerusalem artichokes
4 onions
2½ c. sugar (or less, if you like)
1 tbs. turmeric
½ tsp. red pepper
2 tbs. white mustard seeds
2 tbs. celery seed
4 tbs. salt

Scrape and grind the artichokes coarsely. Mix the ingredients and simmer for ½ hour. Put in jars and seal.

Miss Lois Sweaney



NOTES

GUIDELINES FOR WINES

Trying to condense into a page or two a workable guideline for wine is, of course, impossible. It would be as if we were to attempt to summarize Webster's in an equal space. Any table of wines matched to foods as well as any table of vintage years must be tempered by one's own taste and experience.

Almost any guide will say that red wines and red meat and cheeses go together, white wines go with seafood and fowl, and rosés are for everything or nothing depending on your taste. They then move on to say, let your own taste be your guide. One wine expert has said that you certainly can drink a red wine with a filet of sole, but don't blame him if it tastes like shoe leather.

Other basic truisms, which are not wine snobbery, but which add to its enjoyment, are that red wines are served at room temperature, and whites and rosés, chilled. Young Beaujolais is a red which can be served slightly chilled. It can also be said, with a certain amount of correctness, that the better the white wine, the less chilled it is served as the cold tends to diminish the nose and taste of the wine. Most young red wines, especially American ones, benefit from being opened an hour or so in advance of the course with which they are to be served. Even if there is no sediment in the bottom of the bottle, decanting the wine into a pitcher or a wine decanter thirty to forty minutes before drinking allows the wine to breathe. Very old wines can be killed by this process, however, so I would confine this to wines less than eight years old, and individualize with older ones.

Most red wines of any note are not ready to drink before four to six years, and the great Bordeaux and Burgundies may not be ready for fifteen or twenty years or more. Most white wines are consumed in the first two to four years, and perhaps white wines older than six years should be avoided without a deeper knowledge of the wine and its vintage. Sweet dessert wines are exceptions, and age gracefully for many years.

Another problem with compiling a table is the recent wine price explosion. Lamb and a great Bordeaux marry beautifully, but a great or classified growth of a Bordeaux Chateau may well be $20 or more per bottle. Therefore, for reasonable wines we must look elsewhere if we are to enjoy wine often as well as economically.

With these thoughts in mind, let us then proceed to list some more specific types of wine which may go with various dishes.

Shellfish are perhaps best accompanied by dry white wines. The classical examples of the French Chablis or Mersault are now quite expensive. Some quite acceptable substitutes might be tried from the French Graves or Muscadet, the Italian Soave, a German Reisling from the Mosel or Saar. Reislings are generally somewhat sweeter than the others mentioned. A Pinot Chardonnay from California may also be a good choice.

Paté can be enhanced by a German Reisling or a Champagne. A so-called Reisling from California is, in fact, not from the Reisling grape. Only those labeled Johannesberg Reisling have the same grape as in the German wines from the Saar, Mosel and Rhine.

Fish courses are again best accompanied by a white wine, and all those previously mentioned can be used. Other less expensive wines might be a Macon or Vouvray from France or a Yugoslavian or Hungarian Reisling. The Washington state vineyard of Ste. Michelle is producing some excellent reislings which might be tried.

Red meat dishes can be accompanied by essentially any red wine. However, some are better geared to strongly seasoned dishes or game than others. Egri Bihaver, or Bull's Blood, from Hungary goes well with beef fondue, picnics and cookouts. Hermitage for game and duck, or perhaps a Barolo from Italy will be good matings. A Cabernet Sauvignon or Zinfandel from California, a Rioja from Spain, Chianti Classicos or Valpolicella from Italy are all good low cost wines for red meat dishes. If you would like to try a Burgundy in the lesser price ranges, try a Fixin or Santenay. Likewise in the Bordeaux area, some less expensive but good wines might come from Cotes des Castillon, Medoc, or Entre-Deux-Mers. Almost any inexpensive chateau bottled Bordeaux from a good year could be tried with reasonable success. The many types of Beaujolais can also be included in this less expensive list, and they have the advantage of being at their best in one to four years, so there is no need to worry about most of them being ready to drink.

Should you elect to serve one red wine with the main course and another with cheese, it would usually be wise to save your best for the cheese course as little else will show a red wine off as well. Salads and tart flavors do not mix well with wines.

For the dessert course, a Sauterne or Barsac from France, an Auslese Reisling from Germany, or a champagne that is not too dry can all be used effectively. In general, no wine goes well with chocolate.

Having briefly reviewed some choices of wines to accompany your meal, let me suggest a German Reisling when guests come over for an afternoon chat or instead of a before dinner cocktail. Too much alcohol will tend to dull your palate, whereas a wine instills a mood without over-powering.

Finally, a brief review of vintages. Only German and French wines are greatly affected by the year. Recent German years for good wines include 1967, 1969, and 1971. Bordeaux reds from 1964, 1966, 1967, and 1970 should be quite good, whereas in Burgundy the years of 1966, 1967, 1969, and perhaps 1970 should be good. White Burgundies from 1966, 1969, 1970, and 1971 are all drinking well. In general in 1968, both German and French wines were quite poor. From Italy, the Chianti Classicos were good in 1964, 1967, 1968, 1969, and 1970 and the Barolcs from 1965, 1968, and 1969 are good.

Thus you have a brief outline of possible wines and vintages to try with some of this volume's recipes. Each vineyard varies from its neighbor, and each year from the next. Therefore, each new year brings a new challenge from the vineyards and makes it impossible for you to become bored with wine. Chateau Margaux 1964 is not the same as Chateau Margaux 1966 and neither will be the 1973 Margaux. There is an immense world of wine to try. One of the quickest and most pleasant ways to learn is to serve two different wines with one course.

In any case, serve wine, learn about wine, but mainly just enjoy wine.

Should you have any questions about a wine, our membership would be happy to help.

Gus Conley
Regional Director
Les Amis du Vin
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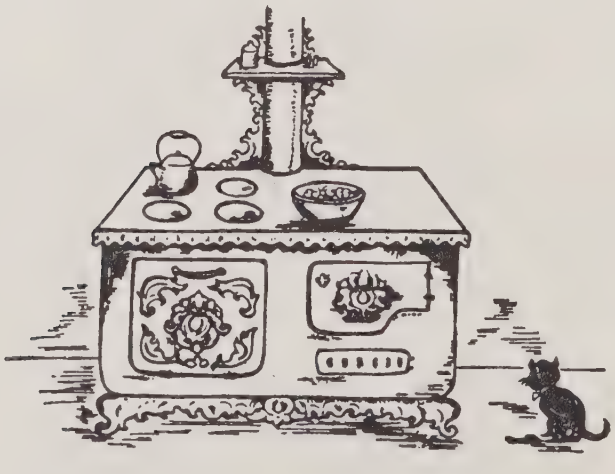
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A Tribute to Chapel Hill

In Chapel Hill among a friendly folk, this Old University, the first state University to open its doors, stands on a hill set in the midst of beautiful forests under the skies that give their color and their charm to the life of youth gathered here. Traditions grow here with the ivy on the historic buildings and the moss on the ancient oaks. Friendships form here for the human pilgrimage. There is music in the air of the place. To the artist's touch flowers grow beautifully from the soil and plays come simply from the life of people. Above the traffic of the hour, church spires reach toward the life of the spirit. Into this life, with its ideals, failures, and high courage, comes youth with his body and his mind, his hopes and his dreams. Scholars muster here the intellectual and spiritual resources of the race for the development of the whole personality of the poorest boy, and would make the University of North Carolina a stronghold of liberal learning with outposts of research along all the frontiers of the world. Great teachers on this hill kindle the fires that burn for him and light up the heavens of the commonwealth with the hopes of light and liberty for all mankind.

Frank P. Graham
President,
University of North Carolina
1930-1949

A TRIBUTE TO CHAPEL HILL was the last paragraph of Dr. Frank P. Graham's Inaugural Address delivered in Kenan Stadium, November 11, 1931.